LEMON GROVE REVIEW

Vol. 29, 4 | Lemon Grove, California | Thursday, August 19, 1976 | Phone 469-0101 | Ten Cents

The DIMMER VIEW

by Max Goodwin

Consumer Pays Form-filling Bill

Recently, one of this nation's two fastest growing bureaus, OSHA (Occupational Safety and Health Administration) spent a lot of your tax money to publish a booklet which was sent to the nation's farmers. In one of it's many silly safety regulations which adds to your cost of living, it warned farmers that manure is slippery.

The other out-of-control growth bureau is HEW (Health, Education and Welfare agency).

OSHA is the bureau which sends its "examiners" into the bowels of this nation's small and large industrial and commercial operations, and unilaterally imposes fines that are not screened through a duly elected body. Many of the fines are capricious and foolish. A local man told of being fined because an electric cord in his place of business was a little longer than the examiner thought it ought to be.

While the fines are substantial (usually in the $100-$1,000 range), it is less expensive to pay them than to file a civil complaint and pay a lawyer who must contest against a battery of bureau lawyers which are already being paid by taxpayers' funds and whose duties are to find the taxpayer guilty.

In another local case a man was sent an OSHA questionnaire requiring him to supply figures that required him to research records he had already submitted to a government agency. He worked at it at home two hours a night for 10 nights and such general questions as "How many hours did each employee work during the year past? Deduct hours given as vacation. Add sick leave. Subtract lunch hour. Include part time workers.

Some of this information is available through other bureaus and OSHA could get information from them — if they were on speaking terms.

But the truth is that there are so many bureaus, many of them charged with paper-shuffling and filing useless information, that it is probable that some of them do not know what others are doing.

In addition to the citizenry paying for far more government that it wants — and indeed, more than it needs, many agencies forget they are servants of the people. By a strange tanglement of authority, they have come to convince many citizens that it is they who are working for the agencies.

It took the U. S. News Service to spotlight some of the waste of money that goes into form-filling demands made by some of our agencies.

First, let's note that the cost of doing business is increased by firms being required to fill forms. Second, the more forms an agency can get filled, the more employees that agency can demand. That means there is more money and more authority for those in the agency's upper eschelon. It also costs the consumer more for each of his purchases.

Says US News: "Do you know that Federal paperwork — just the filling out of government forms — costs you an extra $2.00 on every automobile tire you buy? Such was the testimony given at a hearing in Washington this summer before a special study mission of the Small Business Committee.

"It was further reported that it costs a hospital $4.00 a day for every patient, just to fill out forms for the government?

"One businessman, the proprietor of a small, family-owned and operated restaurant, testified that his clerical staff of three devoted more than 20 per cent of its time to filling out government forms. In addition, he has to pay more than $6,000.00 a year to an outside accountant, largely to satisfy government requirements.

"A contractor who specializes in digging excavations said that his firm could cut costs — and the amount he must charge customers — by 20 per cent if federal paperwork was decreased.

"A small business tire retailer told of the mandatory 'registration' of customer's names and addresses, plus their tire serial numbers. Every time a tire is purchased, the dealer must go through the time-consuming and costly form-filling routine.

"Yet, never once has the government used the information so painstakingly recorded. All it does is fill more file cabinets (and buildings) with worthless forms."

Just slowing down the idiocy of form-filling requirements would stop inflation, temporarily, at least.

And a little stretching of the wage-earner's paycheck is a condition to be desired.

High Schools to Be Crowded Here

Classrooms of the nine comprehensive high schools and the special schools of the Grossmont District will be "filled to overflowing" September 13 when school begins for more than 22,500 students, according to Dr. Stanley McClintic, associate superintendent.

Registration for most students will be September 7 through 10. Packets are mailed to all returning students in mid-August. New students should enroll, in most schools, during the week of August 30 at the school in their attendance zone.

Transportation will be provided on registration dates for students living 2½ or more miles from their school at all Grossmont schools except Mt. Miguel and El Cajon Valley.

Registration schedules at local schools are as follows:

Mt. Miguel seniors, 8 to 10 a.m., Tuesday, September 7; juniors, 10:30 a.m. to 12:30 p.m., Tuesday, September 7; sophomores, 7:30 to 10 a.m., Wednesday, September 8; freshmen, 10:30 a.m. to 1 p.m., Wednesday, September 8.

Monte Vista seniors, 9:45 to 11:30 a.m., Tuesday, September 7; juniors, 8:30 to 10 a.m., Wednesday, September 8; sophomores, 1 to 3:45 p.m., Wednesday, September 8; freshmen, 8 a.m. to noon, Friday, September 10.

Skyline Continuation School, all students, 1 to 4 p.m., Wednesday, September 8.

LG School Board Asks Public Comment on Offer to Teachers

The Lemon Grove School District Governing Board has presented a contract proposal to certificated teaching personnel under provisions of the Rodda Collective Bargaining Act for educational employees.

Under provisions of the Act the public will have opportunity to review the proposal and at a public hearing give reactions and suggestions.

The proposal is available for public study at the Lemon Grove School District Offices, 8025 Lincoln street, Lemon Grove, from 8 a.m. to 4:30 p.m. daily. A copy is also available in the office of this newspaper, 7834 Lester ave.

A public hearing on the proposal will be held at 7:30 p.m., Tuesday at the Lincoln street office.

BUMMING AROUND — The would-be vagrants gathered around a campfire near the San Diego & Arizona Eastern Railroad tracks are actually youngsters from the Monterey Heights neighborhood "warming up" for "Hobo Day" in Lemon Grove, set for Wednesday, August 25. Trackside tramps include Brian Baker, 10; Scott Baker, 9; Shawn Baker, 8; Diana Dufault, 7; Angel Hilton, 7, and Stacy Hilton, 5.

'Hobos' to Eat, Play At LG Park

By John Kowalczyk

Several Lemon Grove youngsters will be bumming around town next week, thanks to local recreation directors.

Recreation sites at Monterey Heights Elementary, Golden Avenue Elementary and Lemon Grove United Church of Christ on Glebe rd. are meeting grounds for three parties of youngsters dressed as hobos who will have a "hobo hike" to Lemon Grove County Park on Washington st. at Alton dr.

At the park, hikers will hold the first Lemon Grove "hobo convention", complete with costume judging, games and a campfire cook-out. The main course is "hobo stew", a mixture of canned food brought by each of the vagrants.

Among special games planned are "Walk the Rail" and "Hobo, Hobo, Can You Spare a Dime?" according to "Ranger Dick" Whitmore who co-chairs the event along with fellow Community School volunteer Linda Duffy.

Children should pre-register at the nearest of the three recreation sites before Wednesday. The hobo hikes will begin at all three at 9:30 a.m. and festivities at the park will follow from 10 a.m. to 3 p.m.

The day of fun costs nothing except a can of food. The hobos will add to the authenticity of the masquerade by eating out of the cans they bring.

One hopes someone will remember to bring a can opener.

One Candidate, One Appointee Sought

Vacancies Exist on L.G., LM-SV Education Boards

So far, no one has filed for candidacy in the November 2 race to fill a vacancy on the Lemon Grove School District governing board, a spokesman for the County Registrar of Voters said.

The filing period for the seat vacated by John Linn in March opened August 5 and closes on September 3 at 5 p.m.

The Registrar of Voters has announced that the election will not be held if only one candidate or no candidate is nominated by the filing deadline or if no one submits a petition signed by 25 voters living in the district indicating that a write-in campaign will be conducted.

The board would then have to appoint a successor, the Registrar said.

Linn resigned with one year remaining in his four-year term when he and his family moved out of Lemon Grove.

The elected board member will serve only the remainder of Linn's term which expires March 31, 1977.

Two other governing board members, H. Warren Buckner and Leonard Klee, will face re-election in March.

On March 8, all three seats will be open and the top three vote-getters in the at-large election will be seated.

Board members serve four-year terms.

The five-man board has had a vacancy since Linn's resignation.

LM-SV Vacancy

A vacancy also exists on the Board of Education in the La Mesa-Spring Valley School District due to the resignation of Pastor Arne Christianson, effective September 1.

During the month of September, the Board will select and appoint a replacement to complete the term through March 31.

Persons who want to be considered for appointment should contact the Office of the Superintendent at 4750 Date ave., La Mesa, to obtain application forms.

Inquiries may be directed to Superintendent Jim Runge.

The Lemon Grove School Board elected to waive its right to appoint a trustee to fill the Linn vacancy even though individuals inquired about the position.

Superintendent Robert Sutton said three individuals — Mrs. Carol Chubb, Herb White and Craig Lake — have expressed interest in the position.

Also, a request was introduced to Board members from the Heartland Human Relations Association asking that a woman or minority be considered for the vacancy.

Snake Dancer Arrested At Local Topless Bar

In San Diego County a snake can be incarcerated for dancing with a human.

The human may be jailed, too.

That's what happened at the Hot Spot Bar at 9924 Campo rd., in Casa de Oro about midnight on August 11.

Sheriff's reports show that the sheriff's vice squad entered the "topless" bar about midnight on a report of nude dancing and observed one female dancing with a snake and two others dancing without a snake, or little else, for that matter.

Charged with participating in a public nuisance (snake dancing) and possessing an expired entertainer's license was Athena Ann Buck, 25, who is listed as the operator of the Hot Spot Bar.

Connie Smith Florio, 41, whose dancing record in county bars spans an eight year period, was charged with improper attire. Louise Sadie Jarrell, 34, was charged with not being in possession of a valid entertainer's license.

The girls spent about 12 hours in the slammer and were told to appear in court on August 27.

Dancing was resumed at the Hot Spot by the middle of the week.

Two snakes confiscated during the raid were returned to Buck after she was released from jail.

Bikes Worth $319 Gone

Three bikes were stolen from the home of Frank Edwin Steeves, at 10323 Limetree lane, Spring Valley, while the family was away on August 10.

The loss, he said, amounted to $319.

Burned Home Ransacked Here

After his house at 3946 Church street was gutted by fire a few weeks ago, Tony J. Conforte and family had been living in an apartment.

He visited the former dwelling several times a week to assure himself that the family room and the tool shed were still intact.

On August 11, shortly after noon, Conforte discovered that the rooms had been ransacked.

He reported to the sheriff's department that a lawn trimmer, a hedge trimmer, pool supplies and various tools had been taken.

He estimated his loss at an additional $300.

Paint Job Damage

While Capitola B. Fields of Brawley was visiting Spring Valley friends at 2936 Paul st., on August 11, someone smeared gray paint on her auto parked on the street, she told sheriff's deputies about noon.

She assessed the repainting cost at $150.

School Trustee Is Burglar's Host

Items valued at $500 were taken from the home of Henry Reinecke while he was away, he reported to the sheriff's office on August 15.

Reinecke, a member of the L.G. School board of trustees, said the loot included $40 in cash, a Sony tape recorder, 2 PSA plane tickets to San Jose, a man's watch and a Magnavox portable radio.

There was no evidence of forced entry, police reports indicated.

LG Chamber Meeting

The Lemon Grove Chamber of Commerce Board of Directors meet Thursday, August 26 at noon at Skandia Smorgasbord for their monthly luncheon.

Purse Snatched at Bar

Bernice Ann Beeson, unemployed, of 7094 Casa lane, Lemon Grove, left the bar at Valley Crossroads just long enough to use the telephone outside on August 15 about 10 p.m.

It was also just long enough for someone to make off with her purse which contained $60, which she had left on the bar.

Description of a suspect was given to sheriff's deputies.

Discount Tickets On Sale Now for Grove Carnival

A carnival to help the Lemon Grove Chamber of Commerce Old Time Days Committee recoup its losses from the Old Time Days festivities wheels into town Wednesday for a five-day stand.

Western Pacific Shows, the same carnival that furnished rides and other amusement attractions at the Southern California Exposition in Del Mar this year, is booked for the Lemon Grove carnival to be held on the Lemon Grove Junior High playground, Lincoln st. at Kempf.

Advance bargain tickets are available at the Chamber of Commerce office, 3415 Imperial ave., weekdays until Wdnesday, 9 to 2 p.m. Tickets are four for $1 and rides will be priced at one or two tickets. The presold tickets offer discounts on the attractions.

'County Mountie' Helps

Detective Doug Henderson, the Sheriff's "County Mountie" of the CB radio set, reported that since the inception in May of the program of asking CBers to be on the watchout for possible radio thieves, the loss of such equipment has dropped to 30 per cent of the June loss.

Suspect Held In L.G. Man's Death

Charles William Anderson, 29, of 1918 Skyline dr., Lemon Grove, has been arrested in connection with the stabbing death of Ernest Lee Sabo, 24, of San Diego on July 16.

He was charged with suspicion of murder in an altercation taking place outside the Body Shop, a cafe advertising nude dancers, at 3775 Riley st., San Diego.

Police reported that Sabo and another man stepped outside the cafe to settle their differences after being involved in an argument inside. The other man stabbed Sabo in the stomach.

Sabo died July 29 in Doctors Hospital.

Personal Property, Business Taxes Must Be Paid in August

County Tax Collector James E. Jones reminded owners of business and personal property this week that 6 per cent will be added to 1976 unsecured property taxes which have not been paid by August 31.

"Taxpayers should be aware that this 6 per cent penalty is a flat rate charged on the amount of the tax bill and is not an annual rate," Jones said.

Unsecured property taxes apply principally to business property, airplanes, boats, and possessory interests in leased property. They are charged to the persons who owned the property on the first day of March, according to Jones. These taxes are billed at a different time than property taxes which are secured by liens against real estate.

Nearly 60,000 tax bills have been mailed to unsecured property owners since March of this year. The taxes on the bills cover the period from July 1, 1976, to June 30, 1977, and amount to almost $49 million, Jones said.

After Oct. 31, an additional penalty of 1 per cent will be added each month to unpaid accounts.

Main payments must be postmarked before midnight of the deadline date to avoid penalty.

Golden Ave. Burglars

A chain saw, radio and tools worth $815 was taken from the residence of LeRoy Mattar on August 7, while he was away, sheriff's deputies reported.

Mattar resides at 8369 Golden ave., Lemon Grove.

On the same street, on the same day, tools worth $350 were taken from the residence of James F. Grabeal, of 8514 Golden ave. Grabeal was not at home when the burglary occurred.

3 Griffen Park Planners Named to Serve Committee

Three representatives appointed to the Harry Griffen Park Planning Committee were announced last week by Helix Water District, which owns the park site.

Mabel Bryan, director representing Fletcher Hills and northwestern El Cajon, and Bob Rundell, who represents southern La Mesa and Spring Valley, have been appointed delegates of the Helix board. Helix will be represented by Robert Friedgen, the District's chief engineer.

The appointments were made in response to a letter from La Mesa City Manager Gayle T. Martin. The steering committee will seek coordination of a master plan for the proposed park on the present Grossmont Reservoir site.

La Mesa and El Cajon will also have members on the committee.

Helix Water District is planning construction of a covered reservoir in a portion of the area now used for open storage. The area above the reservoir, the remainder of the existing reservoir area and the surrounding property will provide a 45-acre site for the development of a recreational facility.

Construction is expected to start in mid-October and be completed by spring 1978, according to Friedgen. Landscaping should be started then and planning should be far enough along to be coordinated with whatever planting is done.

Reservoir construction will be financed from the sale of nearly $6 million in revenue bonds scheduled for early September. The bonds were authorized by District voters as part of an $11 million proposal in the November 1974 election.

No financing has been arranged for creating the park.

The reservoir in Harry Griffen Park must be covered to meet modern health standards.

The committee will decide what form of recreation will be built above the reservoir. Residents adjacent to the reservoir voiced strong objection to initial plans to build tennis courts on the site.

Early Rain Recorded

The rain season started earlier this year.

Rainfall in S. California is measured from July 1.

Last year by August 19 there had been no rain at all.

This year the total is .06 with .01 falling on July 26.

The July drizzle was listed as a "trace" but was later measured at .01.

AREA BIRTHS

The following is a list of area births recently recorded at Grossmont Hospital:

August 4

Mr. and Mrs. Richard W. Bagby. Lemon Grove, a girl, Pamela Lynn.

August 5

Mr. and Mrs. Brian F. Koepke, Spring Valley, a boy, Joshua Sean.

August 8

Mr. and Mrs. Edward F. Wangenstein, Lemon Grove, a girl, Lisa Ann.

Duo to Bring Gospel Song to Miguel Church

Bob Louise Magera will present a special program of gospel singing and testimony at the Mt. Miguel Covenant Church Sunday. Bob Magera has a background in light opera and gospel singing which has included both television and films. The duo are recording artists, also.

The Mageras will also appear Sunday, 8 a.m. on the TV Channel 39 program "Who is My Neighbor?"

The Mt. Miguel service begins at 6 p.m. at the church located on Kempton at Akard st. in Spring Valley.

Young Missionaries In SV Church Film

The adventures of a young missionary couple are documented in a film shown Sunday, August 22 at Spring Valley Friends Church, Pastor Robert D. Farris announced.

The film, "Now That You're Here," is about a couple in the interior of Borneo who, through a series of comic mistakes and misadventures, learn valuable lessons common to new missionaries.

Showtime at the church, located on Bancroft dr. at Kenwood, is 7 p.m.

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Three Goals Accompany New Lemon Grove Private School

A new private school opens its doors in September in Lemon Grove.

Led by acting-Principal John Meacham, Heartland Christian School will offer classroom space for children in grades Kindergarten through 8th with sessions beginning September 16.

"We have three goals," said Meacham, "A good, wholesome learning environment, promoting a Christian philosophy and mastery of all the fundamentals of education."

Classes will accommodate up to 50 students the first year at the New Life Chapel, a Foursquare congregation, at 2115 Imperial ave.

Four classrooms and an auditorium in a 4,000 sq. ft. building space will comprise the school, said Meacham who is also the church pastor.

"Kindergarten will be academic," he said, "meaning that it will be actually a pre-first grade rather than just a socialization thing."

The school will employ the Self Pronounciation Alphabet, a phonetic method of teaching reading.

"Three-fourths to four-fifths of the children will learn to read," Meacham said.

The first year, grades will be grouped for first and second graders, children in grades 3 through 5 and grades 6 through 8.

Tuition is $600 a year for one child, $450 for the second child in the same family and $300 for each additional child.

The local 55-member Foursquare congregation came to Lemon Grove in November from Pine Valley where they had been meeting in a local club house. The Imperial ave. property, owned by the International Church of the Foursquare Gospel, became available when the congregation at Fair Havens Baptist Church moved from there to its new parish in Spring Valley.

New Life Chapel opened in November.

Pastor Meacham has 17 years in Christian education and will direct a staff of five or six instructors plus full time volunteers. He hopes to hire a permanent administrator after the first year of operation.

Major, Assistant Attend Training At SD State U.

Drum major Michele Linn and assistant drum major John Hawley of Mt. Miguel's award-winning Matador Band attended a three-day intensive training session for drum majors last week at San Diego State University.

Linn, a sophomore, and Hawley, a senior, will lead the band this coming school year.

Participants in the SDSU Drum Major Camp take a written test and show their conducting ability. Passing the tests qualifies the graduate for a teaching and counseling position at the same course next year.

Pastor is Texas Bound

Pastor Larry Scarbrough, formerly of Highland Park and Bancroft Baptist Churches in Spring Valley and the First Baptist Church of Santee, has accepted a call to preach at Westmoreland Baptist Church in Lubbock, Texas.

Scarbrough will reside at 5601 46th street, Lubbock after September 10. He, wife Doris and six children will return from Lubbock for a visit this week at their Santee home. The pastor is a native of Texas.

Program for Seniors

Senior citizens of Vista La Mesa Christian church will meet for a program of entertainment and a pot luck lunch August 26.

Games and cards are planned for 11; Pot luck at noon, and entertainment at 1. Lisa Bouley will tell of her visit to Europe as part of the program.

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Fabric Care Tips

Cleaning Agent Can Reduce Retardance in Flame-Proof Clothes

How you wash your children's sleepwear will determine to a large extent how flame-resistant it remains. Federal regulations require that all sleepwear manufactured in or imported to the U.S. meet minimum requirements for flame-resistance. But the fabric will most likely become flammable if it's washed in hard water and soap or in hard water and a non-phosphate detergent.

In the case of hard water and soap, a lime soap deposit is left on the fabric. This is similar to the film left in a bathtub. Hard water and non-phosphate detergent leaves a calcium carbonate residue. Both of these counteract the flame-resistant properties.

The safest way to wash children's sleepwear is with soft water and soap or any detergent. If hard water is unavoidable, use a phosphate detergent. In some areas phosphate detergents have been outlawed.

Follow machine instructions on load size. Overloading will hinder good rinsing action and contribute to the build-up of the residues which lessen flame-resistance.

Phase I of Salvation Army Complex Ready in El Cajon

A highly energy-efficient new building, designed to accommodate the complex activities of the Salvation Army was recently completed at 1011 Main st., El Cajon.

Designed by Delawie, Macy & Henderson, A.I.A., the building is the first increment of a cluster of five that will eventually comprise the complex. The other buildings will include a gymnasium/auditorium, kitchen, game room, activity center and chapel.

Built at a cost of $140,000, the first 4,400 sq. ft. building is a low-key, residential style structure, with plywood siding on a one-story wooden frame. It features highly-energy-efficient attic fans and ceiling insulation plus a large overhang to maintain temperature control.

A multi-purpose room forms the main part of the u-shaped center. It is designed to be broken into four separate rooms as needed. Social Service counseling, Sunday School classes, and a senior citizen hot lunch program are some activities expected to be housed in the new building.

Kawasaki and Theilacker landscaped the project, and Evans Construction Company were the builders.

VFW Member Drive

The Ladies Auxiliary to Mission Valley Veterans of Foreign Wars Post No. 3787 is seeking new members and a drive is underway to increase membership.

Eligibility for membership is limited to women over 15, who are U. S. citizens, or who are mothers, wives, sisters, half-sisters, daughters, foster daughters, grandmothers and granddaughters of honorably discharged Armed Forces officers or enlisted men.

Application numbers are 292-5085 and 279-9584.

10 Estates in S.D. Unclaimed

389 unclaimed estates with a total value of $407,352 were liquidated in April, May and June of this year.

Proceeds are being held in safekeeping for rightful owners but will go to the State if still unclaimed after 5 years.

The State Controller has accumulated 10,674 estates valued at $9,986,716 that are still subject to claims.

In San Diego County those unclaimed estates are in these names:

Mabel H. Bagley	$18,157
Dorothy A. Barnett	1,121
Jessie F. Elliott	1,380
Elin Victoria Falk	1,067
Paul Everett Gibbons	5,783
Ader G. Hayes	2,211
Alonzo Narvaiz	1,952
Clarence L. Oenfold	4,299
William Rogers	3,664
Nicholas Turi	4,346

Inquiries regarding the above estates should be directed to State Controller, Division of Unclaimed Property, P.O. Box 1019, Sacramento, CA 95805.

Boyce Heads CPO

Escondido Councilwoman Lorraine Boyce was elected chairperson to preside over deliberations of the Comprehensive Planning Organization for the San Diego region during fiscal year 1976-77.

She succeeds Councilman James Hobel of Chula Vista who served since 1974.

Boyce was vice-chairperson during that period.

Howard Pierce, an El Cajon councilman, was named new vice-chairman.

About Your Health

Child Depression

Joyful, carefree childhood! That is the common conception, but the truth is that some children, even very young children, experience severe depression.

A depressed adult usually registers his emotional state by visible expressions of sadness — such as crying, by losing interest in everything and by withdrawing from those around him. But the depressed child has a different means of expressing his emotional problems, and, as a result, he tends to be misunderstood and often (though not intentionally) mistreated.

A depressed child is more likely to act out his disturbed feelings than to be withdrawn. He may try to communicate his inner turmoil by being irritable, aggressive, hostile, ungiving, unaccepting, by falling behind in school and by being "hyperactive." The reaction of parents and teachers may be harsh and punitive. The child's message has not come through, and he is deprived of the help and reassurance he needs.

Watch Self-Image

Perhaps the single characteristic that all depressed children have in common is a negative self-image. If you ask a depressed child what he sees when he looks in the mirror, he may reply, "Nothing." Or he may grimace and turn away. Some will simply remain silent and others may burst into tears. All these responses have the same meaning — the child thinks he is worthless. All too often, the response he gets from adults does little to dislodge that self-image.

Unfortunately, the behavior of the depressed child is often difficult for adults to tolerate, When a child is hostile to you, your natural tendency is to return the hostility. The child is thus deprived of human company which, if given with understanding, could help raise his self-esteem. Some depressed children cling fanatically to their toys or other possessions. Adults may perceive this as greediness; in fact the child may symbolically see the toy as the last thing he has left to hang on to.

The child who is unable to accept affection from his parents and other relatives is a source of great unease in a household, and his behavior is often misinterpreted as plain nastiness. It may be, however, that the child is refusing the affection because, as he sees himself, he is unworthy of it.

If a child is not doing well at school, although tests show that he has ability beyond his level of performance, this might be a clue to depression. He may not be able to put his mind to his school work because he is preoccupied with his inner turmoil.

Clues

Depressed children often give clues to what is bothering them — clues which can best be interpreted by those who are professionally trained. They may reveal their problems in their play, their drawing, their fantasies.

Once the nature of the problem has been identified, how can these children be helped? The usual method of handling a depressed child is to have him treated for emotional disorders by a physician specifically trained for this (a child psychiatrist, for example). Sometimes there is therapy with the child and parents.

Another method of treatment is by a physician trained in family therapy who treats the problem as a symptom of a disturbed family situation — lack of love, mistreatment, neglect, separation, divorce, death, alcoholism, remarriage of a parent, mental illness and other comparably traumatic situations. In other words, the child's problem may be a family problem and often is best treated through family therapy.

Recent evidence indicates that some children with depression will respond favorably to antidepressant medications in conjunction with their other therapies.

Prepared by the California Medical Association. Specific questions on the subject should be directed to your physician.

Area Obituaries

William Smith

Funeral Mass will be celebrated Friday at St. John of the Cross Catholic Church for William E. Smith, 18, of 914 Sacramento ave., Spring Valley.

Smith, a private in the U.S. Army stationed at Ft. Lewis, Washington, died Saturday when, during training maneuvers, he was reportedly struck by a tank.

He was a member of the Mt. Miguel 1975 graduating class.

Visitation continues at Conrad Lemon Grove Mortuary today until 9 p.m. Interment in Glen Abbey Memorial Park with military honors will follow Friday's Mass.

Smith was a native of Marietta, Ohio who moved with his family to the county in 1968.

Surviving are his parents, Mr. and Mrs. Kenneth P. Smith of Spring Valley; a brother, Kenneth Smith Jr. of San Diego; paternal grandmother, Mrs. Thelma V. Smith of San Diego and maternal grandparents, Mr. and Mrs. Earl Francis.

Carl H. Mason

Services were held Wednesday for Carl H. Mason, 66, of 703 Worthington st., Spring Valley, who died Sunday.

A native of Chicago Heights, Ill., he was a 20-year resident of the county and a retired printer of the Union-Tribune Publishing Co.

He was past president of Typographical Union No. 221 and a veteran of WWII and the Korean Conflict.

He is survived by his wife Betty Lou and three sons, Dick, William and Tracy of Spring Valley.

Edward F. Schlomer

Funeral services were held Wednesday for Edward F. Schlomer, 73, of 557 Maria st., Spring Valley, who died Sunday in a hospital.

Mr. Schlomer was a native of Hampton, Iowa and had lived in the area 26 years. He was operator of the Hill Valley Boarding Kennels in Spring Valley for 20 years.

He is survived by his wife, Viola; a son; two brothers; three sisters; three grandchildren, and four great-grandchildren.

The family suggest contributions to the American Cancer Society.

'Happy Days' Star In Lung Project

Lung Associations throughout S. Cal. will benefit from a Bike-A-Thon conducted by the Independent Order of Foresters with "Happy Days" star Ron Howard as Honorary Chairman, it was announced by Dr. Richard Schillaci president of the Lung Assn. of San Diego and Imperial Counties.

The local ride of about 20 miles will be held on the parking lot of the San Diego Stadium from 10 a.m. until 2 p.m.

Funds will be raised to support Lung Assn. programs in community service, health education and medical research from pledges by merchants and individuals per mile for the entrant of their choice both in the distance and shorter one-day event.

Lung Local is 297-3901, IoF is 286-8560.

Toys for Tots Game Set for Aztec Bowl

The Third Annual "Toys for Tots" football game will be held November 13 at Aztec Bowl, S.D. State University.

In this year's game Grossmont will meet Mesa College.

The game is sponsored by Leatherneck Charities, North Island Post 753 of the American Legion and the Marine Corps League of Oceanside.

Prolific

With more than 824 million people, China ranks number one as the most populous country.

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Robert Kleinschmidt, Pastor Phone 460-4811, 465-9794
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Morning Worship Services 9:30 and 10:50 a.m.
Sunday Training Hour 6:00 p.m.
Evening Worship Service 7:00 p.m.
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Exodus 15:2

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Skyline Drive at Jamacha Road

Rev. Orval C. Butcher, Pastor	Phone 460-5000
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Sunday School	8:15, 9:30 and 11:00 A.M.
Children's Church	9:30 A.M.
Sundey Evening Expression	5:30 P.M.
Wednesday Evening Pible Involvement	7:00 to 8:30 P.M.

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Sunday Celebration and Worship	11:00 a.m.
Sunday Evening Koinonia Fellowship	7:00 p.m.
Wednesday Family Night	7:00 p.m.

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Rev. Kenneth R. Johnson, Rector 466-8055
SERVICES: Sundays, 8 and 10 a.m. Wednesdays, 10 a.m.
Church School and Nursery Care, Sunday, 10:00 a.m.

Social Events

Old Globe Atlas Awards To Be Made September 18

Invitations are in the mail to the Old Globe Theatre's 29th Annual Atlas Awards to be held on the Theatre Green on Saturday, September 18.

Theme for the festivities of the evening, which are being arranged by the Globe Guilders, is the "Atlas Star Showboat."

Miniature showboats designed by decorations chairman Mrs. Paul Black and her co-chairman Mrs. E. Donald Kaufmann, will decorate tables. A large Showboat will be part of the illuminated decorations surrounding the Green. Guests are invited to wear "Showboat Attire" or Black Tie.

Cocktails and hor d'oeuvres will be served at 5:30, with pre-party music provided by "The Yankee Air Pirates."

At 7 in the Old Globe Theatre, Atlas Awards will be presented to the actors voted by Theatre Subscribers and Members as having given the most outstanding performances of the winter season on both the Old Globe and Carter Center stage.

Following the Awards ceremony, dinner will be served on the Green with dancing to the music of Bob Bowman and the "Slique" continuing until 1 a.m.

Sea World Marching Fun On 3-Times-A-Day Schedule

Sea World's walkaround characters, like El Google the Elephant Seal, Pete the Penguin, Cap'n Kid and Charlie Tuna are lining up daily with Sea World show characters, a musical band and a flag corps for parades through the park.

Marchers kick off twice daily (Tuesdays through Sundays) all summer long; the parade route covers most of Sea World 80-acre marine park.

Parade characters make three stops along their marching routes where they sing, perform short skits, and generally cavort with Sea World visitors. Youngsters of all ages have the chance to meet the gang that makes Sea World such a fun place.

Before and after parades, visitors have plenty of time to explore the wonders of Sea World: There are six fun-filled shows, dozens of aquariums and fascinating exhibits where guests can pet and feed real sea-life friends, and exciting attractions like a hang gliding artist who soars up to 1,000 feet above Sea World.

And of course, there's Cap'n Kids World — a whole new nautical adventureland just for kids. The $1 million play complex challenges kid energy with some of the most creative play elements imaginable — like a pirate's lagoon, for example, filled with 45,000 plastic balls to "swim" through!

Why not join the summer parade . . . and march in time for fun at Sea World. A single admission serves as a passport to a whole world of things to see and do!

The park is open every day of the year.

Summer hours are from 9 a.m. until dusk.

Take the Sea World Drive exit from Interstate 5. There's plenty of free parking.

LA Tour Scores Loot for Riders

La Presa Jr. High PTA's first of two bus trips to a Los Angeles TV game show taping was a success for three lucky riders. Lucy Johnson of San Diego won the "Big Showcase," top prize on the "Price is Right".

First Vice President of the La Presa PTA, Joyce Radcliffe won a $50 gift certificate door prize after the taping of the show. Another unidentified woman on the tour won a new car on the show.

It will be aired on San Diego television September 16. The show is seen at 9 a.m. daily on channel 8.

WINNER — La Presa PTA 1st Vice President Joyce Radcliffe left town for LA trip August 9 and returned home with a $50 gift certificate she won on a TV game show.

The same PTA is sponsoring a second trip, again to a taping of "Price is Right," scheduled for August 23. The $12 trip includes a stop at the Queen Mary. A seat on the bus can be reserved by calling either Betty Hall, 475-0219, or Doris Kellhofer, 479-5006.

Luau Opens XBX Year

A local woman's group has a luau and birthday celebration planned as openers for its new year.

Xi Beta Xi Chapter of Beta Sigma Phi will celebrate "Beginning Day '76" at a Hawaiian Luau Saturday, August 21, 8 p.m. at the Pat Ferbe residence, 1408 Meadow rd., El Cajon. Members will furnish refreshments and Hawaiian salads.

The chapter plans a Birthday Brunch, 10 a.m., August 29th at Palais 500 in Mission Valley. Choosing the Chapter Queen and revealing of the Secret Sisters will be part of the meeting.

Popular Organist On L.G. Program

Lyn Larsen, nationally known theatre and recording artist, has been scheduled for a musical program Saturday at 8 p.m. at the Heartland Music Center, 3459 Imperial ave., Lemon Grove.

The program will consist of popular, light classics and tunes of the day.

Although youthful, Larsen is well known, having traveled the continent many times. He has been featured performer in theatres in Australia and has appeared on television there many times. He was once staff organist on ABC's "General Hospital" show and is presently engaged as soloist for Organ Stop Pizza in Phoenix.

Tickets are available by mail or phone — 463-0308.

Spanish Talk to Probe City Gov't Services

A talk in Spanish on "Where to go for What in City Government" will be offered tonight at 7:30 p.m. by the City o San Diego Community Relations Dept. at the Bayside Settlement House, 226 W. Date st.

Councilman Jess Haro will comment on his role in city government and his relationship to the Bayside community. Haro's remarks will follow a discussion on what city government is. Citizen access is discussed by two other speakers.

The program is the last of a summer evening talk series.

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Eat and Grow Younger

Final Words of Nutrition Wisdom: Don't Grow Old at Dining Table

By LELORD KORDEL

Number Twenty-Four of a Series

In planning your Eat-and-Grow-Younger program: of high-protein foods, I have tried to keep in mind the only important nutritional taboos which have a basis in scientific fact. Following are some do's and don't-do's:

1. Avoid combining high-proteins (red meats, poultry, fish, eggs, cheese, milk) with high-starches (rice, macaroni, spaghetti, white bread, rich desserts) at the same meal.

And if, for some valid reason you are forced to eat more high-starch meals than high-protein, then by all means take liberal amounts of supplemental vitamins, since the more starch you eat, the more your body is depleted of the B-complex factors that have the specific task of postponing the day when you must say farewell to youth.

2. Avoid combining pure fats with high starches in the same meal. For instance bacon (almost 100 percent fat, and of the wrong kind, too), fried potatoes, cream, white sugar, white bread and jelly are a rather common breakfast menu in some homes, yet nothing could be worse nutrition.

It's absolutely impossible to plan a meal that doesn't include some carbohydrate with its proteins, or some fat with its carbohydrate. But the thing to keep in mind is this: A meal should be predominantly either protein or carbohydrate. When it is predominantly protein, it should include only those natural starches found in vegetables, fruits, milk and honey or unrefined raw sugar. This means, as one example, omitting a rice or macaroni dish and pie with your steak, substituting the carbohydrates to be found in a green salad, a cooked vegetable and a fruit or custard dessert.

Stimulate Digestion

Start your meals with fruit, a cup of vegetable soup, a bouillon or meat broth. Why? Because fresh fruits, together with meat extracts or the bouillon made by simmering meats and vegetables together, are rich in certain extractive substances that help to excite the gastric glands into producing the very powerful hydrochloric acid which is essential for thorough digestion of a protein meal.

This is a timely spot to bring up the subject of chewing. A lot of false information and erroneous advice has been handed out to the public for years on the subject of "proper mastication of food." Once and for all, I would like to clear up these mistaken ideas, and present the facts. In brief, here is your "chewing chart":

How To Chew

1. All vegetables, fruits and sugar-starch foods should be chewed thoroughly. Carbohydrates are digested in an alkaline base, as I've explained before. The saliva in your mouth is an alkali, and is secreted by the salivary glands as the first step in the long and complicated digestion of carbohydrates. Therefore, if you bolt your carbohydrate foods, you cause them to miss this preliminary digestive processing.

2. All protein foods such as meat, fish, poultry, eggs, and cheese require little chewing for good digestion. No doubt this comes as a surprise to you — a complete reversal of everything you've ever been taught about mastication. Meat has been conscientiously and laboriously ground for the person with poor, or no teeth; while eggs have been boiled only enough to set the white for the person with a "weak digestion." All of which has been a serious digestive and nutritional mistake!

A final word on "home" digestive aids: The kindest thing you can do for your stomach is not to overload it. If food give you a real taste thrill, you eat less, are better nourished, and avoid the dangers of overeating.

A good rule to follow: First eat all the foods you need. Then if there is a capacity for something else — have it. Chances are you won't want it.

To prevent "internal chemical starvation," your body cells need the important vitamins and minerals. The sad fact is that many of our foods do not supply all of the vitamins and minerals we should have for maximum nutrition.

For that reason, in addition to good eating, it is wise to use supplemental vitamins and minerals.

I've told you the facts. The living of these facts is up to you.

Your mind and your body can remain youthful many years past your so-called "prime," if only you don't help fasten the shackles of premature old age on yourself every time you sit down at the table.

Eat to grow younger!

The preceding series was condensed from the book "Eat and Grow Younger" by Lelord Kordel. The complete 220-page book can be ordered by mailing $1 to Eat and Grow Younger, c/o Review/Bulletin, 17255 Redford ave., Detroit ,Michigan 49219.

Opera Seats Selling Well

The San Diego Opera has announced season ticket sales for the upcoming 1976-1977 season have reached 80% with another six weeks of sales to go.

"The response from the public is greater than ever this year and we can promise a fantastic season of opera in return," commented Kenneth K. Caswell, General Manager.

Good seats are still available for the opening night, Tuesday Early Bird, and Sunday matinee series. The Friday night series is completely sold out.

Season tickets range from $20 to $64 and entitle subscribers to reserved seats for the five-opera series at a 20 per cent discount. Senior citizen and student tickets are available at half price for specific series.

This years' season opens with "Otello" in October followed by "The Saint of Bleecker Street" in December, "Die Fledermaus" in January, "Gotterdammerung" in February, and "La Traviata" starring Beverly Sills in March.

Bed Capacity to Nearly Double By Mid-1977 at G'mont Hospital

A new six-story wing is expected to be in use by December at Grossmont Hospital, Administrator Ron Dahlgren announced this week.

The Forace L. Boyd Wing is expected to be occupied and dedicated in December, despite earlier projections which placed October as the move-in date.

"It will still be ahead of the contractor's schedule, but not as far ahead as we had anticipated," Dahlgren said.

The contractor's schedule does not require completion until February, 1977.

98 More Beds

The new wing will increase the bed capacity of the hospital by 98 to 332. Expanded services will be provided for surgery, emergency room, recovery room, pediatrics, orthopedics, laboratory, outpatient surgery, nuclear medicine, and x-ray, as well as service areas such as dietary, general storage, housekeeping, linen room, mail room, print shop, and employee credit union.

Patient rooms with modern control panels and "tasteful" decorations will accentuate the nursing floors of the new wing. Highlight of the addition will be a laminar airflor operating room which provides its own sterile air system.

Also under construction at Grossmont Hospital is a physical rehabilitation and mental health center. Scheduled for completion in May, 1977, these additions will bring the hospital's bed capacity to 392— almost double its present size.

The hospital is frequently operating near capacity, Dahlgren said. The construction is expected to reduce the problem of bed shortages.

Parking Expands

Two parking lots at the rear of Grossmont Hospital were approved by the Board of Trustees on August 4. An additional 240 spaces are expected to be under construction by the first of November.

Free 'How To' Tips Assist Home Grower

Fourteen free leaflets telling how to grow and harvest the most popular vegetables are offered by the University of California.

Written by Cooperative Extension specialists, the leaflets explain how to plan and prepare a vegetable garden, what to plant and where, and how to grow eleven vegetables: sweet corn, artichokes, pumpkins, squash, asparagus, cucumbers, lettuce, peppers, tomatoes, potatoes, and sweet potatoes.

Single, free copies of the leaflets may be obtained by writing to: Gardening, P.O. Box 1926-N, Richmond, CA 94802.

Elevator Firm at Break-Even Point

Spring Valley's U. S. Elevator is now working above break-even levels despite a sharp decline in elevator construction around the country, reports a spokesman for Cubic Corporation, its parent firm.

The elevator division has operated at a deficit in past years.

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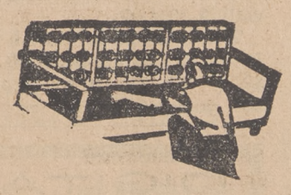

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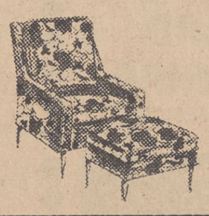

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This Week's RECIPE

Curry Salad, Majestic Money-Saver

Here's an impressive main dish salad that satisfies several of today's important consumer concerns. It is an almost perfect choice for busy, nutrition-minded cooks on a budget. One serving provides 35 per cent or 18 grams of the U. S. Recommended Daily Allowance for protein, yet costs about 50 cents a serving.

MAJESTIC CURRY SALAD

6 cups shredded lettuce
2 10-oz. pkgs. frozen peas, cooked, drained and chilled
3 cups chopped cooked chicken or turkey
3 cups chopped tomatoes
2 cups cucumber slices, cut in half
3 cups mayonnaise
1 tbsp. sugar
1½ tsp. curry powder
3 cups croutons

Layer lettuce, peas, chicken, tomatoes and cucumber in 5-quart salad bowl. Combine mayonnaise, sugar and curry; mix well. Spread over salad. Cover; refrigerate overnight. To serve, sprinkle with croutons. Makes 8 to 10 servings.

Allen Appointment Awaits Senate Okay

The California Senate Rules Committee has recommended the confirmation of Harriet S. Allen, of 3750 El Canot dr., Spring Valley, as a member of the S. D. Regional Coastal Commission.

She was appointed by Gov. Brown and her confirmation must be approved by the Senate, according to Sen. James R. Mills, Rules chairman and Senate President Pro Tempore.

Court Clerks Set Public Breakfast

A Pancake Breakfast will be served by the Deputy Clerks of the Municipal Court of El Cajon on Sunday at the Masonic Temple, 695 Ballantyne st. in El Cajon. The breakfast will be open to the public 8 a.m.-1 p.m.

The menu is juice, pancakes, eggs, sausage and coffee. Tickts are $1.50.

Proceeds will help defray costs of the Assn. of Municipal Court Clerks annual convention to be held in October at the Vacation Village.

Lemon Grove Review

Lemon Grove, California

Adjudicated a newspaper of general circulation in the Superior Court of the State of California in and for the County of San Diego, Dec. 5, 1949.

Adjudication No. 155892

$5.00 ..... By Mail Yearly

P.O. Box 127
Lemon Grove, Calif. 92045

Second Class postage paid at Lemon Grove, California
(714) 469-0101

Published every Thursday at 7834 Lester Ave. in Lemon Grove, San Diego County, Calif. Entered as second class matter in the post office of Lemon Grove, Calif. 92045.

Max Goodwin ——— Editor and Publisher
John Kowalczyk ..... News Editor
Bruce Binkowski ..... Advertising Manager

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Lemon Grove Review
Spring Valley Bulletin

Water District Workers Chief Re-elected

Anthony Moody, of El Cajon, was re-elected chairman of the Helix Water District Employees' Committee during the recent annual meeting of the group.

Also re-elected was vice-chairman Nate Olney of Santee. Steve Hanni of La Mesa was elected secretary.

Elected to the committee were Elaine Forness, Roberta Soares, Roger Darland, Tony Lopez, John Munn, Bill Naylor and Dave Rivera. Incumbents continuing are Don Gauthier and Joe Howard.

The committee is presently surveying employees about salaries and fringe benefits.

GOPs Plan Unity Lunch

A "Unity Luncheon" for the Republican Candidates will be held Monday featuring the GOP nominee for U. S. Senate, Dr. E. I. "Sam" Hayakawa, as a speaker, at the Mission Room of the Bahia Hotel.

Sponsored by the GOP Central Committee of San Diego County, it will have in attendance of all of the party's assembly candidates, and will provide an opportunity for the public to talk with them.

A no-host cocktail will start at 11:30 a.m. with lunch at 12:15. Tickets are $5 and are available at the door. Reservations may be made at 232-6701.

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Gal Golfers Vie For Richest Purse

CALABASAS PARK — You couldn't blame Amy Alcott and Laura Baugh for being nervous when they play in the $205,000 Carlton September 23-26 at Calabasas Park Country Club in the West San Fernando Valley.

For one thing, they'll be playing for the richest purse in the history of women's sports — a tidy $35,000, plus a percentage of the gate receipts. For another, they'll be playing as professionals for the first time before their hometown fans.

"I remember being in the gallery when the last LPGA tournament was played in the Los Angeles area four or five years ago," recalled Santa Monica's Amy Alcott, who turned 20 in February.

Alcott and Miss Baugh of Long Beach qualified for the Carlton with strong, consistent play this year. Amy is eighth on the money list with $43,702, while Laura, who turned 21 May 31, is 15th with $24,196. Both have played in 19 tournaments this year.

Both had strong amateur credentials before joining the pros and quickly adapted to the LPGA Tour. Laura was chosen Rookie of The Year in 1973 and Amy the same title last year.

Golf fans can save $16 by purchasing preseason tickets for $15, good for the Pro-Am-Celebrity on Sept. 22 and four rounds of the championship. Preseason daily tickets good for any one day, are $4.50 each.

David Love Beats Willie Monroe In Philadelphia

David Love, San Diego middleweight boxer, scored an upset victory over Willie "The Worm" Monroe in Philadelphia Monday night when the referee stopped the fight at 2:11 of the fourth round. Love dropped Monroe twice and he appeared unable to defend himself when the fight was stopped.

Angelo Dundee, Muhammad Ali's trainer and Love's manager was in Love's corner. Eddie Futch, Ken Norton's former trainer was Monroe's cornerman.

More than 4,000 fans attended the fight, Love reported.

Monroe was rated third ranking middleweight by Ring Magazine; WBA ranks him third.

Love holds the middleweight black white-championship as well as the black crown of South Africa. He beat white champion Jan Keis on August 23 last year, and Elijah Makhathini, the black champion, this year on June 5.

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N. L. East in Windup In Padres Homestand

The final appearance of the season by clubs from the National League's Eastern Division will provide the bill of fare for the San Diego Padres as they close out the month of August with an eight-game homestand.

The Padres open an eight-games-in-nine-days stand with games against the New York Mets Saturday and Sunday.

Then the Pittsburgh Pirates move in for games on August 23-24-25 followed by the Montreal Expos on August 27-28-29. Next Thursday, August 26 is an open date.

The Mets games were originally scheduled for Friday and Sunday but scratched to Saturday and Sunday due to a conflict with the Billy Graham Crusade which needs the Stadium through Friday.

While the homestand will be marking the final appearance of Eastern Division clubs in San Diego this season, it won't be the end of the road for the Padres as they still must face the Pirates in Pittsburgh on August 31-September 1-2 before completing the entire Eastern Division schedule for the season.

"Now is the time when we have to really start making our move if we hope to finish up in third place in the Western Division standings," says Padre manager John McNamara. "Time is beginning to run down and we've got to take advantage of the schedule which will be in our favor again as it was during late May and all of June. In all, we'll have 21 of the final 38 games of the season in San Diego and we have only one road trip of note left and that one has several open dates so rest won't be a problem.

"Looking back, that period around June was when we made our biggest strides and we hope we'll be able to do the same again. We're still within striking distance of Houston for third place, but you've got to keep an eye out for Atlanta and even San Francisco, as with everyone relatively close, it doesn't take much to start shaking up the standings."

This homestand against the Eastern Division clubs will, oddly enough, include the final full weekend games of the season as after the homestand finale on August 29 against the Expos, the Padres will have only one more weekend home game remaining, a Saturday, September 11 date against Houston.

Breakers in Playoffs; Play Turquoise Tonight

The San Diego Breakers hosted the Tucson Turquoise on the 11th and had one of their most exciting matches of the season, winning a 5-game tie breaker, 6-1. The Turquoise, now at the bottom of the IVA's Eastern Division, will be looking to improve their 10-22 record in a rematch at the Sports Arena tonight at 7:30.

Tucson had come on strong to win the 1st and 4th games 11-13 and 6-12. S.D. State alumnus Duncan McFarland governed the nets with a match high of 12 stuff blocks for Tucson.

As the Breakers cruise towards an easy Western Division 1st place title, thoughts are already geared towards the Championship Playoffs in September. If the Breakers win the title, it will be the first championship for a pro team in San Diego since 1965 when the "old" Chargers won the AFL title.

After the Tucson match, the Breakers return to the Sports Arena on Saturday to take on their natural arch-rivals, the Los Angeles Stars.

Then the Breakers hit the road for 3 games with the IVA's Eastern Division. Tucson will host San Diego on the 24th, El Paso on the 27th and Phoenix on the 28th. The Spikers will play the Breakers in Santa Barbara on September 1st.

The Breakers return to San Diego September 2nd and 4th for their last league matches, hosting Santa Barbara and Phoenix.

Softball Standings

Standings in the S.V. Coed Softball League:

Wild Bunch	5-0
Bats	3-2
Turkeys	3-2
Weasels	3-2
Bad News	0-5

Cost of Living Reduced

Hockey Fans Get Out-of-Pocket $2.32 a Game Cut

Three ticket prices which will include parking have been announced by the San Diego Mariners for the 1976-77 World Hockey Assn. season.

Prices for the 40 home games to be played in the 13,029 seat San Diego Sports Arena are $7.50, $5.50 and $3.

The overall average is 32 cents lower than last year and includes free parking. Regular parking in 1975-76 was $2.

"We're determined to give San Diego hockey fans an attractive package," said E. J. Bavasi, president of the National Baseball League San Diego Padres. Bavasi is representing Padre and new Mariner owner Ray Kroc until a general manager is appointed, Sept. 1.

Bavasi also announced that season tickets have gone on sale with former ticket holders having first option on their seats until September 15. Prices for season tickets are $285, $209 and $120.

Reservations for season tickets may be made by calling the Mariner office at the Sports Arena, 225-9633.

'Hell's Kitchen, Is Mat Feature At Coliseum Tues.

A "Hell's Kitchen" wrestling match will be featured Tuesday night at San Diego's Coliseum with Don "Fonzo" Fargo facing Chavo Guererro. In the bout gladiators' fists will be taped like boxer's and there will be no time limit and no disqualification.

Second in billing is a "Tag" match pitting The Scorpions vs. Dr. Death and Crusher Verdu.

An added attraction in a match between The Hangman and Fabulous Frank Monte is an American wrist-wrestling championship contest between the two prior to the mat fight.

In other bouts Choi Sun meets Jack Armstrong, and Mr. California faces Rick Drasin.

Matchmaker Danny Millsap said that 10 winners will be chosen from the audience to be handed $5 each from his "slush fund" as a Fan Appreciation gesture.

The Coliseum is at 15th and E sts. Tickets are $4, $3.50 and $2.50 with $1 off for seniors and youngsters 6-16.

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It's Jellyfish Times

It's jellyfish season at San Diego beaches, and that may produce an unpleasant experience for some beachgoers.

If you happen to get stung and a life guard is not available to help, apply alcohol, a weak solution of ammonia or meat tenderizer to reduce the pain of the area that has been stung. The jellyfish sting may then be washed. If discomfort continues a paste of soda bicarbonate and water may be soothing.

The S.D. Emergency Medical Service warns not to rub the sting area with sand or flush with fresh water. It will not help and may increase the discomfort.

Jaws Eye Arena For Indoor Play

"I'm pleased with our first season and we're already making plans for an improved product in 1977," S.D. Jaws G.M. Paul Deese said of his team's just-concluded NASL campaign.

The possibility of an indoor season starting in November with home games to be played at the San Diego Sports Arena is a probability, he said.

The Jaws ended their initial NASL term 9-15 and a fifth place finish in the Southern Division. After a slow start that saw the team score only 19 goals in its first 20 contests, San Diego rebounded to pick up 10 in its last four.

The Jaws attracted 73,780 fans to 12 home games for a 6,148 average. A final night crowd of 9,400 was tops for the year.

Deese said a planned move to 52,000 seat San Diego Stadium will be a big improvement over Aztec Bowl and its 11,500 concrete seats.

Meanwhile exploration of an indoor soccer season is being investigated, a Jaws official said Wednesday. The play, if approved at the August 29 NASL meeting, would be in the Sports Arena.

Indoor soccer is played in three periods and uses hockey sideboards. It is a high scoring game indoors and is tremendously fast, the official said.

The season would be November-February. The outdoor season would be played as regulation soccer.

Thunderboats Set For Mission Bay

High speed hydroplanes (unlimited) will occupy Mission Bay September 16-18 and proceeds from the race will go to Boys Clubs of San Diego.

Bill Muncey, of San Diego, holder of both the driver and boat national championships in 1976, anticipates that the lap speed record will be broken in San Diego. 14-15 thunderboats are expected to compete.

Mission Bay is the only waterway in the U.S. built specifically for unlimited hydroplane racing. Pit facilities also meet the requirements.

Thunderboats Unlimited can be reached at 298-5444. The office is suite 1-B, 881 Camino del Rio S., San Diego, 92108.

Tennis Week Anyone?

The University of San Diego Tennis School is offering a special adults only one-week session August 23 to 27. Sessions are 8:30 a.m. to 4:30 p.m. Geared to all levels of ability, the individualized instruction includes video tape replay. For information call USD Tennis School, 291-6480, extension 357.

Hans Wichary, head tennis coach at USD, defending NCAA College Division tennis champion, is director of the Tennis School. Wichary also conducts tennis clinics in Guadalajara, Mexico, for USD.

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Chargers-49ers Battle In Honolulu Saturday

The globetrotting San Diego Chargers battle the San Francisco 49ers at Aloha Stadium in Honolulu Saturday night. Kickoff is 11 p.m. San Diego time. The game will be telecast live on KCST-39.

The Chargers (2-1) are returning from Tokyo, where they lost to the St. Louis Cardinals, 20-10, Monday night. Previously, Coach Tommy Prothro's team topped the New England Patriots, 26-17, and Philedalphia Eagles, 20-7.

Under new coach Monty Clark and with new quarterback Jim Plunkett, San Francisco is (3-0). The 49ers beat the Kansas City Chiefs, 21-13, last Sunday. They also defeated the Denver Broncos, 17-7, and Seattle Seahawks, 27-20.

This will be the first game between National Football League teams in Hawaii. The Chargers played an American Football League preseason game in Hawaii in 1961. Ahead 39-0 at halftime, they beat the Houston Oilers, 46-28.

San Francisco won the only Charger-49er NFL game, 34-3, at Candlestick Park in 1972. San Diego won the last preseason game, 20-7, at San Diego in 1975. The Chargers and 49ers will meet again this year at San Diego Stadium on December 5.

For Chargers' Charlie Aiu and Hal Stringert, playing in Hawaii is returning to their native paradise.

A rookie free agent guard from the University of Hawaii, Aiu is admittedly homesick. "You can say I'm excited about going home. I miss my girl (fiance Trudi) and my family. I've liked playing for the Chargers. If I don't make it, I know I have tried my best."

Safety Stringert, a second-year Charger veteran who played two years for the WFL Hawaiians after setting interception records at the University of Hawaii, has a different attachment at home. He loves to surf.

"I don't know if I am going to get in any surfing time on this trip," he said, "but it will be great to be at home. I like San Diego. It's next to Hawaii. But Hawaii has everything—the sun, the surf, the women."

Next week the Chargers face the new Seattle Seahawks at the Kingdom in Seattle on Sunday, Aug. 29, at 1 p.m.

Title IX Bringing Sports Fairness to the 'Fair Sex'

Title IX is becoming more of a household word in school district administrative offices and on school board agendas.

The amendment to the Federal civil rights act mandates an end to discrimination in school's hiring practices and education programs on the basis of sex.

While it affects many aspects of education the changes it is introducing in physical education and athletics could be dramatic.

California School Employees Assn. reports that fears and misconceptions about what impact Title IX would have on PE and athletics have been largely unfounded.

In the beginning, there were those who implied that Title IX would force boys and girls to share locker rooms at the same time, force girls and boys to play football together, and in general create havoc. Instead, Title IX is inspiring bold new ventures in the area of personal recreation.

"There is a growing emphasis on the kinds of sports that students can participate in throughout their lives," says Lois Nossaman, assistant director of personnel for the Grossmont Union High School District who was quoted in a recent "School Watch," a news organ of the CSEA.

Not Sunday Fun

"Let's face it," she continues, "not many people play football or basketball once they get out of school. Those aren't activities you can ordinarily enjoy with a friend on Sunday afternoon. But you can enjoy tennis or racketball, golf, backpacking, bicycling all your life. And they're activities both boys and girls can do together."

Some schools stress survival skills such as swimming, while other districts utilize community facilities such as bowling alleys for PE classes.

Robert Kirkpatrick, superintendent of Merced City School District, finds the changes encouraged by Title IX invigorating.

"We are developing new courses, new approaches to PE," he says. "We're moving into areas which lend themselves to co-ed participation. It's unknown territory for us. Whenever you step out into the dark like this, there is an element of fear, but there is also a sense of excitement."

The Sport's Discipline

Sports are an integral part of school life. Over the years they have become entwined with education as systems of discipline, opportunities for community gatherings, programs of physical fitness, and a way for some children to earn college scholarships.

Title IX, rather than destroying this part of school life, is making it available to all.

Statistics support the contention that girls are traditionally short-changed when it comes to school athletics.

Each year as many as 50,000 boys earn athletic scholarships to college. Only 50 girls receive such awards.

A study among California high schools in 1974-75 showed that:

- The average high school spent $14,227 on boys' interscholastic athletic programs. Only $3,271 was spent on girls' programs.
- The average boys' coach earned $505 per sport in extra pay for coaching. Girls' coaches averaged $343 a sport.
- The average school provided 21 coaches for boys. Seven coaches is average for girls.

The figures are destined to change as a result of Title IX. The amendment, passed by Congress in 1972, covers those programs which are aided by Federal funds.

Young Toreros On Plaza Card

Popular Eloy Cavazos; banderilla ace Manolo Arruza; and young Guillermo Montero comprise the 4 p.m. cartel for Sunday at the bullring by the sea, Plaza Monumental de Tijuana.

Cavazos, 25, of Monterrey is Mexico's most popular torero and is considered No. 1 with the sword. His faenas have been buoyant and dominating.

Cavazos, who will turn 26 three days after the corrida, is scheduled during this visit to the border to receive a key to the city of San Diego in recognition of the afternoons of entertainment Cavazos has provided fans in the Tijuana arenas since 1967. And it marks the 10th anniversary of his taking the alternative—becoming a full-fledged matador.

Arruza, 21, son of famed matador Carlos Arruza, has thrilled fans with his banderilla placements but has also shown fine work with cape and muleta.

Arruza has killed well most of the time in Tijuana. And twice he showed extensive grit by calmly enduring the charges of hooking foes trying to gore him.

His brother, Carlos Jr., has also pleased the fans this summer.

Montero, 21, of Mexico City will be fighting in Tijuana for only the second time. The first was April 14, 1974, in the downtown arena. Montero was a novice, facing one bull of La Playa. He was well-applauded.

He becomes the eighth full-fledged matador to make his Tijuana debut this summer.

Olympians' Reception

The public reception honoring the 11 Olympians of this area will be held September 12, 5-7 p.m. in Balboa Park Recital Hall.

Among those to be present are Arnie Robinson, gold medalist; Greg Louganis, silver, and Lynn Silliman, bronze.

Dr. George Rhoden, former Olympian, will take part. Admission is free. Refreshments will be served.

Suwara to Coach At S.D. State U.

San Diego State has appointed Rudy Suwara as volleyball coach for both men and women.

Suwara, 34, has been a coach at both the college and professional levels. He currently is the player-coach for the IVA San Diego Breakers. He coached four years at UC Santa Barbara before taking the pro job.

Prior to taking the head job at UCSB, Suwara was an assistant to Al Scates at UCLA for three seasons.

As a player, Rudy was an All-America 11 times, a member of the 1968 United States Olympic team that finished 6th and played on the 1967 U.S. team that won the Gold Medal in the Pan American games.

Earlier this year Suwara was named to the Volleyball Hall of Fame by the US Volleyball Assn. He is a native New Yorker.

$25,000 Purse in Fine AMA Race

The final road race event of the 28-race American Motorcycle Assn. Grand National Championship (Camel Pro) Series has been slated for Riverside Raceway October 2 and 3.

One of only two races on the West Coast for the 185 mph, tire-shredding Formula 750 Championship racers, the event carries a $25,000 purse and the title of the Mulholland Shock Absorber Challenge Cup.

Event promoters, Trippe, Cox Associates, Inc., secured race sponsorship from the Interpart Corporation, who lead the motorcycle aftermarket industry with sales of their Mulholland Shock Absorbers.

Mulholland also sponsors Grand National Champion, Gary Scott, who leads the AMA points standings in his bid for two titles in succession.

He will head the rider list alongside a full entry of the top American and European Championship racers, including former two-time Champion, Kenny Roberst, who is Scott's greatest rival.

Mail Bag

Little League Plea

Dear Editor:

The parents of the Spring Valley Little League invite Spring Valley residents to support our effort to retain the 10-acre ball-playing field on Sweetwater lane near Jamacha rd.

Each year, for the past 15, more than 300 boys have benefitted from operation of our three playing fields in this area of minimum traffic. The property is owned by the La Mesa-Spring Valley School District.

Now it is to be sold. The first option would go to the Spring Valley Parks and Recreation District. If the option is not exercised, the commercial property will be sold to private buyers. Under S.V. Parks and Rec. Dist. ownership, the Little League program, as well as numerous other youth athletic programs, could be further developed.

A sorely needed community Center which is being considered could also be developed there, thus serving the entire community.

Those who agree that Spring Valley needs the facilities this property would provide are urged to contact the District Board asking them to exercise their option. Write or call:

District Supervisor
Willie Williams
Spring Valley Park
& Rec. Dist.
8661 Jamacha Blvd.
Spring Valley
Phone 475-5444

Other contacts are L. Pauline, President, S. V. Little League, 460-4915; or J. Heck, vice president, 469-5986.

Junior Rodeo Planned

A junior rodeo sponsored by the Lakeside members of the International Junior Rodeo Assn., will be held August 21-22 at Big Oak Ranch, 1723 Harbison Canyon rd., El Cajon. Performances will be at 2 p.m. both days.

The Harbison Canyon Fire Dept. will provide a barbecue. Admission to the rodeo is $3.50 and $1.50.

TAKE FIVE

By John E. Wirges

It couldn't have happened to a nicer guy. And it's all together fittin' and proper that Dave Stockton should battle out of the crowd and capture the Professional Golf Association Championship in this Bicentennial year.

After all, one of his ancestors had a hand in getting this country underway, and the family traces its presence in America back to 1656.

On Aug. 30, it will have been exactly 200 years ago that Richard Stockton signed the Declaration of Independence as the representative of New Jersey Colony.

But Dave is an All-American in fact as well as stature. He took the more conventional honors under the tutelage of Stan Wood, the great golf coach at University of Southern California while earning a management degree back in 1964.

Stockton is as much a part of America as baseball, hot dogs, apple pie or Chevrolet. He even got a call once from Jerry Ford, after winning a tournament.

He's a bit shy with strangers, but he is warm and open hearted, with a quick wit and a ready laugh in the company of friends. He is honest, hard working, talented and dedicated. At 35, he is in the full bloom of his professional career and the mark of the man can be measured by the high regard in which his PGA touring colleagues hold him.

Dave is one of four players serving on the Tournament Policy Board of the PGA's Tournament Players Division, a position to which he was elected by the membership of the TPD.

The 1976 PGA title is Stockton's first win over the last two years and he had to fight for it. You can believe it took nerves of steel. Dave was faced with a 15-foot putt for a par on the 72nd hole of the rain delayed tourney. It was worth a cool $25,000.

He lined it up, stroked it and sent it right in the front door for a one stroke finish over Don January and Ray Floyd, each of whom received $20,000 for their second place tie. Dave pocketed a $45,000 reward for his efforts and picked up his second ten year exemption on the PGA tour.

Stockton won the PGA title in 1970 to earn his first ten year pass and the pair of championships will save him a lot of Monday qualifying.

Dave got a helping hand past qualifying into a tourney during his first summer on the tour. USC's super golf mentor, Stan Wood helped set it up.

Al Geiberger graduated from USC the year before Stockton arrived on campus and was making a name for himself on the tour when Dave came along.

Coach Wood is one of those guys who go through life helping almost everybody, almost all the time. He suggested that perhaps former Trojan Geiberger might offer a few tips and a helping hand to former Trojan Stockton in his freshman days on Tour.

Geiberger did more than that. He took Stockton aside and gave him benefit of four years of touring it. Things like who to stay away from and where not to go are just as important as what to do and how to do it in the early stages of any career.

Geiberger was defending champion of the Almaden Open in '64 and went to bat with the sponsor to grant Stockton an exemption into the tourney and get his career off to a flying start.

Dave won $1,203 that first year. He moved up to $5,410 the next season and $10,115 his third year in pro play. He won his first tourney in '67 on the way to a $54,333 payoff and the following year he topped out over the $100 grand mark.

And, of course, he and Geiberger, who just took back to back MONY Tournament of Champions' titles among other accomplishments, still take USC grads under their wing and offer aid and comfort in the launching of professional careers. And that certainly brings smiles to San Diego golfers.

Now, let's see. This year there's Craig Stadler with a new PGA card, then next year Scott Simpson graduates from USC. Then there'll be Scott's brother Dave, then Joe Flood, and on and on . . . It's a nice tradition.

Old 'Hatfield-McCoy' Feud Revived in Off-Road Race

Parnelli Jones and Mickey Thompson head an entry field of 275 for this weekend's 4th annual SCORE World Championships of Off-Road Racing at Riverside International Raceway.

The two racing super stars aren't even the favorites in their unlimited dune buggy class, which shapes up as a spirited three-way tangle among Bobby Ferro, Rick and Roger Mears.

But most of the expected throng of spectators—only paid crowd ever developed for off-road racing—will probably focus attention on Jones in a tricked-up Chevy pickup and Thompson, driving a V-8 powered dune buggy against the spindly looking VW dune buggies.

It's no secret that Jones and Thompson waste little time showing affection for each other. They are off-road racing's version of the Hatfields and the McCoys.

"That's what gave me the idea for putting off-road racing in front of a crowd in the first place," said Thompson, who as a founder of SCORE International conceived this race in 1973. He since has resigned as SCORE president to get back to racing.

"Off in the boondocks it's just him and me," Thompson continued. "We do incredible things to each other. The thrills of off-road racing have to make it the greatest spectator sport going."

Practice Friday, closed to the public, will be followed by an all-day series of qualifications for each of the 15 racing classes of cars, trucks, dune buggies, 4x4s and motorcycles.

The $180,000 event will get under way with prerace ceremonies at 9 a.m., and the first of seven 40-minute races will be flagged off at 11 a.m. The featured single-seat dune buggy race is set for 4 p.m.

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New, Local Office for S.V. Park & Rec. Dist.

It took 14 years but the Spring Valley Park and Recreation District office has come home.

The office which administers Spring Valley's burgeoning recreation program has been located in the La Mesa Recreation Department since its inception.

Now, according to Willie Williams, SVP&RD supervisor, the office will be at 8661 Jamacha blvd. where the Spring Valley animal shelter was formerly located. It is adjacent to the Spring Valley Park.

There is a new telephone number — 475-5444.

The office will be open 9-5 weekdays and 10-4 on Saturdays and Sundays.

The office is charged with giving information on recreation programs and activities, and to check-out equipment for the use in the Spring Valley Park.

Williams said activities include tennis classes for all ages, elementary after school recreation, tiny tots (4-years old) play programs, arts and craft, tumbling and wrestling.

Also boys and girls basketball leagues, adult co-ed basketball and volleyball, nights at Mt. Miguel and Monte Vista gymnasiums, co-ed softball programs for the S.V. Senior Citizens Center at the Lord of Life Lutheran church, at Apple and Luther streets.

State Featherweight Crown May Go On Line at Coliseum

Fans may see the making of a new California State Featherweight Champion soon if matchmaker Danny Millsap books the third in a series of bouts between Manuel Lujan of San Diego, present titleholder, and Miguel Mesa, of Los Angeles.

Lujan, 28-2-1 and Mesa 30-8-2, fought to a 10-round draw Friday night at the Coliseum in San Diego but this writer's card had Mesa ahead by 2 points.

On a card at the S.D. Sports Arena July 10, on which Lujan and Mesa were featured on the Norton-Middleton main go, Lujan was awarded the decision on a split, but ringsiders had it for Mesa.

If Lujan is to retain his title if and when the battle is held, he will have to find more consistency. When Lujan showed his obvious ability Friday night, Mesa staved him off. When Lujan slowed down or got into range, Mesa registered telling blows. Art Hafey, who had lost his bid for a chance at the world title by losing just a week prior to Danny Lopez at the Forum in Los Angeles, probably could have licked both of them in one night—before the Lopez fight. In that fight Hafey took such a brutal lacing that his future will not be known until his injuries heal.

In other bouts Friday night at the Coliseum, Enrique Lobito of Mexico City stopped Paul Tiebl of Garden Grove in the 4th round of a featherweight fight scheduled for six when Tiebl's eyebrow was gashed. It was the best fight of the night.

Manuel DeCastellano, Westminster, knocked out Joe DeBaker, Azusa, in the second of a 6 round featherweight bout.

In a dandy welterweight scrap, Randy Delao of Santa Monica and Nacho Cota of National City battled to a draw.

Bill Boland Signed for 'Rocking Chair Derby'

Bill Boland, who as a 16-year-old apprentice jockey, won the 1950 Kentucky Derby and Belmont Stakes aboard King Ranch's Middleground, will don silks for the first time since he retired in 1969 as one of America's top riders to compete in the fourth annual "Rocking Chair Derby" Wednesday, August 25 at Del Mar.

Boland will join seven other former saddle stars in the unique event, a 5½-furlong non-wagering exhibition which will be presented between races. Post-time for the first race on "Rocking Chair Derby" day will be 1:30 p.m., a half-hour earlier than normal.

A native of Corpus Christi, Boland first rode in California at Santa Anita during the winter of 1950, riding against another talented apprentice, Bill Shoemaker.

Patterning his style after that of "The Master," Eddie Arcaro, he quickly attained prominence and achieved instant fame when he booted Middleground to victory over Arcaro and C. T. Chenery's Hill Prince in the Kentucky Derby, becoming the youngest rider in history to win the classic. Boland was only the second "bug boy" to win the Derby, Ira (Babe) Hanford having accomplished the feat in 1936 on Bold Venture, who, coincidentally, was the sire of Middleground.

2 out of 3

Hill Prince and Arcaro won the Preakness Stakes, but Boland then made it two-out-of-three in the Triple Crown, with a triumph on Middleground in the Belmont Stakes.

During his career, Boland won 2,049 races from 17,241 mounts which earned $14,856,295. He won a second Belmont Stakes in 1966 astride Amberoid and was rider of numerous stakes-winners, including Beau Purple, nemesis of Kelso in several important races; Dedicate, Better Self, To Market, Outer Space, Poker, Rich Tradition and Oh Johnny.

He gained his greatest fame in the West as the pilot of Poltex Stable's Terrang, guiding the son of Khaled to several stakes successes at Santa Anita, including the 1959 Santa Anita Handicap in which they teamed to defeat Hillsdale and Royal Living.

Boland, now a Thoroughbred trainer on the Eastern circuit, will be journeying to Del Mar from his New York home for the "Rocking Chair Derby," which was won a year ago by George Taniguchi. In addition to Taniguchi, past winners Dean Hall (1973) and Ken Church (1974) will be back in action. Honorary Stewards again will be Arcaro, John Longden and Johnny Adamo, all members of the Hall of Fame.

'NTS' Tools Taken

A burglar entered the storage shed at the residence of Wilbur Alexander Burton, of 931 Grand ave., Spring Valley on August 10.

Gone were his mechanics' tools, all of which were etched with "NTS". The loss was $1,500, he said.

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QUEEN — Second runner up in this year's Miss Lemon Grove Contest, Becky Butram, was recently selected as Queen of the Cajon Speedway. She was awarded a trophy and a bouquet of roses and was photographed with the night's Trophy Dash winner, Gary Crossland of San Diego.
Crossland's car topped 98 mph in the 4 laps trip on the 3/8ths mile oval. Butram is manager of the Urich service station at 7505 Broadway in Lemon Grove.

Biggers Tops in Cajon Wins But Trails in Race Points

Tim Biggers, counting Saturday's victory, has won more main events at Cajon Speedway this year than any other racer—4.

Yet, he is in 5th place 245 points behind Pat McIntyre, the leader, who has won but one.

But that situation won't generate too much sympathy since Biggers has won the El Cajon SRCA championship three times already. His time Saturday — 12 minutes 42.29 seconds.

Next week, another three-time champion will be out to defend his newly-acquired pack leadership. Pat McIntyre of Spring Valley, 60 points ahead of Lanny Pemberton of Lemon Grove, and 110 points ahead of third place Gary Beecroft, also of Lemon Grove, continue to apply pressure.

In addition to the regular card, a destruction derby is scheduled Saturday.

Last week's Old Timer's race was won by Billy Harrel of El Cajon, followed by Vance Butler, Lakeside, and Gil Stephens, National City.

Saturday qualifications begin at 6:30 and the Trophy Dash is set for 8 p.m.

Carburetor Stolen

A thief took a carburetor from the showroom of the Beetle Bug VW shop at 8280 Broadway in Lemon Grove, just before closing time of August 12.

There was no clue as to who took it, according to store operator Ted Speed. The value of the part was listed at $150.

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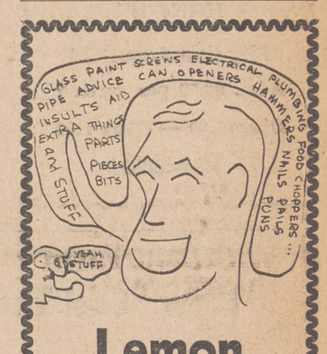

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Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q. During the year I purchased a freezer on my revolving charge account. When I did not ppay the entire balance within 30 days after I was billed, the store added a finance.. charge to the unpaid portion each month. Are the finance charges deductible on my Federal tax return?

A. Yes. When you buy personal property such as appliances, clothing, jewelry, furniture, etc. on the installment plan using a "revolving charge account," the account agreement usually states a separate finance charge levied on the unppaid balance after a certain time. The total amounts for the year of these separately stated finance charges are deductible as interest on your tax return.

Q. My daughter, a college student, worked during the summer and earned a total of $800. Can we still claim her as a dependent on our Federal income tax return, or must she file her own return?

A. You may claim your daughter as a dependent, even though her gross income was above $750 for the year, providing she was a full-time student for at least five months of the year, that you furnished more than half of her total support during the year, and, that if married, she did not file a joint return with her spouse.

If her income was from salary, she must file a tax return to have refunded any taxes withheld from her gross income. If she earned more than $400 in interest and dividends, she would have to file a Form 1040 and Schedule B, otherwise, she may file Form 1040A.

If your daughter had an income tax liability, she could have claimed the $30 personal exemption credit on her income tax return, even though you claim credit for her as a dependent.

Q. My wife and I are both 65 years old and drawing Social Security. Are we required to file a Federal tax return?

A. Social Security benefits received from the Federal government or from a state are not taxable. However, if you have joint wages and interest over $4,900, you must report it on your tax return even if you owe no tax. Even if you did not make $4,900, but income tax with withheld from your pay, you should file a tax return to receive your refund.

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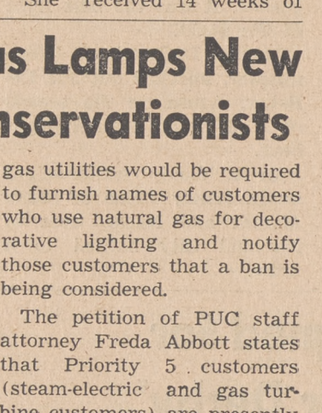
Our Men and Women in the Service

Airman Robert Engel

Airman Robert V. Engel Jr., son of Mr. and Mrs. Robert V. Engel, Sr. of Spring Valley, has been assigned to Sheppard AFB, Tex., after completing Air Force basic training.

During the six weeks training at Lackland AFB, Tex., the airman studied the Air Force mission, organization and customs and received special instructions in human relations.



Airman Engel

Airman Engel will now receive specialized training in the aircraft maintenance field.

The airman is a 1974 graduate of Helix High.

Pvt. Kathy Jackson

Private Kathy J. Jackson, daughter of Ivan E. Richards, 3215 Via Las Faldes, Spring Valley, recently completed with honors a telecommunications center specialist course at the Army Signal School, Ft. Gordon, Ga.

She received 14 weeks of training in basic communications principles to include operation and maintenance.

Pvt. Jackson entered the Army last January and completed basic training at Ft. McClellan, Ala.

She is a 1972 graduate of El Cajon Valley High and attended Grossmont College.

Fireman M. Gusman

Navy Hull Maintenance Technician Fireman Michael Guzman, 23, son of Mr. and Mrs. Antonio Garcia of 1229 Buena Vista, Spring Valley, spent the 4th of July visiting Sitka, Alaska as a crewmember aboard the amphibious cargo ship USS Mobile.

Guzman's ship is part of an amphibious task force conducting "Operation Bearer Ice" and the visit to Sitka was scheduled to coincide with local Bicentennial celebrations. Focusing on Montague Island off the central Alaskan coast, "Bearer Ice" is a training exercise designed to develop procedures for amphibious assaults in sub-arctic, temperate rain forest climates.

Guzman's ship is designed to carry massive quantities of assault supplies in her holds and to transport landing craft used for ship-to-shore movements on her deck.

A 1971 graduate of Morse High School, he joined the Navy in August 1972.

Airman R. Wainscott

Airman Richard C. Wainscott, whose parents are Mr. and Mrs. Richard Wainscott of Rt. 1, Jamul, has been assigned to Chanute AFB, Ill., after completing Air Force basic training.

During the six weeks training at Lackland AFB, Tex., the airman studied the Air Force mission, organization and customs and received special instruction in human relations.

Airman Wainscott will now receive specialized training in the fire protection field.

He is a 1971 graduate of Crawford High, San Diego.

Airman L. Bonderson

Airman Lillian D. Bonderson, whose parents are Mr. and Mrs. Thomas S. Longfellow of 7834 Sanford drive, Lemon Grove, has been assigned to Sheppard AFB, Tex., after completing Air Force basic training.

During the six weeks training at Lackland AFB, Tex., the airman studied the Air Force mission, organization and customs and received special instruction in human relations.

Airman Bonderson will now receive specialized training in the accounting and finance field.

The airman is a 1975 graduate of El Cajon Valley High.

Sgt. Robert Franke

U.S. Air Force Sergeant Robert S. Franke, son of Mr. and Mrs. Robert Franke of 4017 Concord drive, Spring Valley, has arrived for duty at Langley AFB, Va.

Sergeant Franke, a telecommunications systems control specialist with a unit of the Air Force Communications Service, previously served at Uxbridge RAF Station, England.

A 1971 graduate of Hoover High School, San Diego, the sergeant attended the European Division of the University of Maryland.

Donald Green, Jr.

Donald Green, Jr., son of Lena Robertson, 1360 Walbollen, Spring Valley, enlisted in the U. S. Air Force.

Upon graduation from basic military training school at Lackland Air Force Base, San Antonio, Texas, Green will receive specialized training in fire protection.

He is a 1976 graduate of Mt. Miguel High.

Decorative Gas Lamps New Target of Conservationists

A ban on use of nonessential, decorative gas lamps and torches was proposed by the staff of the California Public Utilities Commission (PUC) in an effort to promote conservation of natural gas.

In a petition to the PUC, the staff recomended that a prehearing conference be scheduled at which the major gas utilities would be required to furnish names of customers who use natural gas for decorative lighting and notify those customers that a ban is being considered.

The petition of PUC staff attorney Freda Abbott states that Priority 5 customers (steam-electric and gas turbine customers) are presently having their supplies of natural gas interrupted and that Priority 4 customers (cement plants and industrial boiler fuel customers) will not be served during the coming winter in Southern California.

Noting that decorative gas lamps can be replaced by electric lamp, Ms. Abbott said that "the presence of wasteful or decorative uses of natural gas cannot but have an adverse effect on conservation . . .

"We ask the Commission whether customers can reasonably be expected to believe a crisis is imminent when they are confronted by clearly wasteful uses on the public streets . . ."

The petition recites the PUC's own efforts to improve California's supply of natural gas: intervention in federal regulatory proceedings, participation in utility efforts to develop new gas supplies, establishment of a Conservation Unit, encouragement of utility conservation promotion, and a reversal in the historic rate structure under which customers paid less per unit as their consumption increased.

The PUC is also considering a ban on new gas swimming pool heaters. A final decision is expected early this fall.

Guard Boosts Recruit Level Of Minorities

By taking recruiting to the people, the California National Guard has substantially increased the number of minority members in the Guard. Since December, 1972, the minority representation in the California National Guard has increased by 3,037 members or 120 per cent. Presently, there are 23,863 Guardsmen of which 5,562 or 23.3 per cent are from minority groups.

Of the different groups, blacks are the largest single minority group in the Guard — 2,615 or 11 per cent.

Spanish-Americans presently comprise 10.9 per cent of the Guard. There are now 2,598 members with Spanish surnames.

Statewide black and Spanish-American civilization population percentages are 12 and 17 per cent, respectively.

The number of American Indians in the Guard has increased from 20 to 83.

Since 1972, the black population in the Guard has increased 347.8 per cent, Spanish surnames 71 per cent and American Indians 315 per cent.

Stull's Annual Barbecue Planned

Final arrangements are being made for the 9th Annual John Stull Birthday Barbeque. It will be held Sunday, August 29, at Felicita Park in Escondido.

This year's picnic will again be open free to the public and all of Stull's constituents of the 38th District are invited to come out for a fun day of food and festivities.

"Every year that John Stull has served in the legislature, he has used the barbeque as an informal opportunity to meet his friends and associates in a relaxed, casual way," said barbecue chairman Einer May.

"In addition," said May, "it allows the people in the Senator's district to come out and thank him for a job well well done."

The picnic begins at noon and features a barbecued beef luncheon served with beans, coleslaw, bread, dessert and beverage.

Continuous entertainment is planned, as well as games for children of all ages.

A 100-foot banana split will highlight the day's festivities for the children.

S.V. Swimmer Wins Bike in Drawing

Kip Curry, 14, of Spring Valley, was selected the winner of a Schwinn Scrambler bike in a drawing by the Cystic Fibrosis "Swim for Breath" project.

Winning an AM-FM portable radio phonograph was eleven-year-old Melissa Beaty of El Cajon.

The two were among participants at ten pools in the county who swam sponsored laps to benefit the cystic fibrosis foundation.

The young swimmers raised more than $4,000 to aid the Cystic Fibrosis Foundation.

Candidate Books Tour

The public is invited to join with Walt Kenrick and his supporters on a bus trip to Hollywood on Tuesday, Aug. 31.

Visitors will see two Tv shows being filmed and visit Farmers Market. Fee is $10 which includes transportation.

Kenrick, running for the post of supervisor in the 2nd. District, said proceeds will be used for his campaign. Seats on the one day tour will be available on a first come basis. Reservations may be made through Jeanette Roache at 440-9258.

CA Sees Money Savings In Legal Eye Glass Ads

The Department of Consumer Affairs (CA) has announced that licensing agencies regulating optometrists and registered dispensing opticians will permit their licensees to advertise the prices of prescription eyeglasses and other ophthalmic materials.

Richard B. Spohn, director of the department, said CA supports such advertising, as well as the advertising of the cost of professional services, as a means of getting the critical information to the consumer.

"Hopefully the constitutionality of existing state laws prohibiting the advertising of professional health care services will be clarified in the near future," he said. "Our estimates indicate that advertising for both goods and services in the various health fields could save California consumers tens of millions of dollars annually."

Candidate's Spouse Recovers from Surgery

Lucille Moore, candidate for County Board of Supervisors, Second District, reconfirmed that she is continuing her campaign. Her husband, Victor, recently underwent extensive tumor surgery.

Mrs. Moore, El Cajon Councilwoman, said, "My husband and I discussed the matter thoroughly and it is his desire that I continue my commitment to my supporters and the voters of the 2nd Supervisorial District."

"We are pleased the surgery was successful and the prognosis for recovery is very favorable. While the timing for surgery is always inconvenient, it is particularly so in this case because my husband has been a most active worker and supporter in my campaign. For a time his physical campaign activities will be limited, but he will continue to be involved in planning while he is recuperating at home."

Mrs. Moore said that she is following a precedent set by several other political figures who have continued in public life after their spouses had similar surgery, including President Gerald Ford, Vice-President Nelson Rockefeller, Senator Birch Bayh, and Governor George Wallace.

Growth Problems Cited by Moore

San Diego County should neither encourage nor discourage growth but should have a policy of balanced growth when development occurs, El Cajon Councilwoman Lucille Moore said.

Moore, a candidate in the Second District for the County Board of Supervisors, outlined her position on population growth and land development at a breakfast meeting.

"The County should not be in a position of encouraging growth, but it does have a responsibility to insure that services necessary to accommodate that growth — wherever it is—are provided," Moore said.

"To many, growth is synonymous with exploitation of the environment, but it need not be that way.

"The growth process should balance the needs of human societies concurrently with the growth taking place in the environment.

"This approach recognizes such needs as housing, transportation, education, recreation, and economic progress, as well as preservation of the character of the community, open space, and clean air and water. These two groups of needs are independent rather than contradictions.

Final Payments in on Business Tax Kickback

California's counties have received final payment of reimbursement due for tax loss from business inventory exemptions for 1975-76, State Controller Ken Cory said.

San Diego County received $558,722 as its share.

The reimbursements are based on claims made by each county showing the amount of income lost from the personal property tax secured roll because of a 50 per cent exemption on business inventory.

The county auditor is required to distribute the reimbursement among the various taxing entities within each county according to entitlements.

Prodding Pays $$$

D.A.'s Family Aid Program Tops Record

Under some prodding, more than $11.4 million in child support payments was collected last fiscal year by District Attorney Ed Miller's Family Support Division — a 15.6 per cent increase over the amount collected the previous year. The collection in June was more than $1.2 million, $200,000 more than any previous monthly collection and $200,000 more than for the entire year of 1972.

The total $12,492,713 collected during the 13-month period represents $5,172,872 in revenue which is returned to the County's general fund to offset some of the taxpayer cost of local government.

The money collected is paid by absent parents for the support of their children and the money is used to reimburse the Department of Public Welfare when the children are receiving welfare assistance.

In cases where no welfare in involved, Miller said, disbursement is direct to the children and alleviates the necessity of public assistance.

The increase in collections was the largest single increase in the history of the county, according to Al Wells, the deputy district attorney in charge of Miller's support division.

Four years ago when Miller first took office, Wells said, collections were about $1 million per year.

First Tax Aid Pay for Seniors

SACRAMENTO — The first Senior Citizens Property Tax Assistance payments for 1976-77 are being mailed to 69,650 claimants who will share $12,689,739, it was announced by State Controller Kenneth Cory who urged all older homeowners to determine if they are eligible for the tax benefit.

"With assessed values and tax bills continuing to rise with inflation, this assistance can be vitally important to those older persons whose income or earning power is fixed or limited," Cory said, "but we know many of those who are eligible fail to file each year simply because they overlook or don't know about the program."

"Any homeowner-occupant in California who reached age 62 by last January 1, and whose household income isn't over $10,000 should contact the State Franchise Tax Board for complete information on this program if it has not already been received," Cory said. Claims may be filed until August 31.

Last year the Franchise Tax Board approved payment of almost 301,000 claims totaling over $51 millions — an average of $619 per claim. The first group of payments this year averaged over $182.

The first group of payments does not represent all of the claims that have been filed to date. Payments to other applicants will be mailed as soon as action on additional groups of claims can be completed by the Franchise Tax Board.

Claim forms have been mailed to all those who qualified last year, but new applications or anyone who did not receive a form in the mail may obtain the necessary information and forms by contacting the nearest Franchise Tax Board office or by writing to Senior Citizens Property Tax Assistance, P.O. Box 1588, Sacramento 95807.

The program applies to those occupant homeowners who reached age 62 no later than January 1, 1976, who resided in California on or before that date, and whose total household income for calendar year 1975 (January 1 through December 31) did not exceed $10,000. Assistance up to 96 per cent is offered on those property taxes paid on the first $7,500 of assessed value.

New "Old Things" Weekly

WE BUY & SELL Antiques

we buy
sell
consign
trade

HIGH HOPE ANTIQUE SHOP

Walnut Victorian sofa, tufted
Comb back Windsor
Rocker (rare)
Oak hall tree
French swinging cradle
Child's rolltop desk
Set of 6 pressed back chairs
Oak China cabinet
Hump back trunk
Set of 6 Penn. Dutch Chairs
Large burled walnut mirror
Maple drop leaf lamp table
Oak fern stand
Pine hutch table

Walnut gallery desk
Golden Oak Rolltop desk
Pine deacons bench
Cherry dropleaf table, 4 chairs
Pine kitchen cupboard
Pine dry sink
Convertible high chairs
Pine pie sofa
Burled Walnut lamp table
Pine dough box
Pine pie sofa
Oak sewing machine
Set of 4 stenciled chairs

GIFTS — COLLECTIBLES — PRIMITIVES

Cut glass fruit bowl
Cut glass perfume bottles
Desk lamp, cased glass shade
Brass desk lamp
Brass and Copper planters
German Steins
Flo blue dishes

Pressed glass toast holder
Ruby glass tumblers
Hanging Kerosene lamp
Copper Milk Can
Wooden butter churn
Wooden decoys
Candy scales

Collectible Dolls

SPECIAL THIS WEEK

Small Pine Sideboard $175.00

7921 Broadway, Lemon Grove

465-7830

Business Hours: 11:00 to 5:30
Monday thru Saturday

Eves by Appt. 466-1653

BANKAMERICARD and MASTERCHARGE

Member of Antique Dealers Association of San Diego County

Welfare Renews Food Stamps for Dropped Patrons

Residents of federally subsidized housing who were denied or given reduced food stamps may be eligible for retroactive assistance, according to the San Diego County Welfare Department.

The Department said that people who were denied food stamps or given reduced benefits because they lived in housing subsidized by the Federal Department of Housing and Urban Development (HUD) may be eligible for retroactive food stamp benefits or a cash refund.

A recent court decision (Anderson v. Butz), indicates that applicants who qualify may receive retrocative benefits or payments dating back to October of 1975.

Those now receiving food stamps will be advised by the County Welfare Department if they are eligible for the retroactive benefits. People not receiving food stamps at present but feel they qualify for the retroactive payment should contact their local welfare office.

Panarisi Gets CAO No. 2 Post

Frank Panarisi, 43, head of the County of San Diego's Health Care Agency, has been named principal assistant chief administrative officer.

The appointment was announced by David K. Speer, County chief administrative officer (CAO).

In addition to his new appointment, Panarisi will continue as head of the Health Care Agency.

In his role as principal assistant CAO, Panarisi will assume the duties and responsibilities of the CAO when he is gone. Panarisi will also serve as the administrative coordinator for non-agency departments. He replaces Charles R. Bobertz, who resigned earlier this year.

A native of Cleveland, Ohio, Panarisi was appointed Human Resources Agency administrator in May of 1971. He served in that capacity until being named Health Care Agency administrator in January of 1974.

Panarisi has worked for the L.A. County in various capacities including assistant executive officer for the L.A. County Board of Supervisors and assistant chief probation officer. He also served as executive assistant for L.A. County Olive View Hospital and General Hospital.

He is a member of the Western Governmental Research Assn., the California Probation, Parole, and Correctional Assn., the San Diego Rotary Club, and the American Public Health Assn.

LEGAL NOTICES

NOTICE OF TRUSTEE'S SALE
T.S. No. 342

On September 16, 1976, at 11:00 A.M., Mt. Helix Associates, Inc., as duly appointed Trustee under and pursuant to Deed of Trust dated July 30, 1975 recorded September 3, 1975, as inst. No. 75-236654, in book , page , of Official Records in the office of the County Recorder of San Diego County, State of California WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) at

7850 Golden Ave., Lemon Grove, California

all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as:

Lots 11 and 12, Block 5, East San Diego Villa Heights, according to map thereof No. 1317, filed in the office of the Recorder of San Diego County, February 21, 1911. Together with the Westerly Half of that portion of the Alley in said Block 5, immediately adjoining said Lots 11 and 12 on the East as vacated and closed to public use and together with the Southerly Half of that portion of Birch Street adjoining said Lot 12 on the North, as vacated and closed to public use on June 23, 1964, by order of the Board of Supervisors of San Diego County, a copy of said Order being recorded June 29, 1964 of File No. 116878.

The street address and other common designation, if any, of the real property described above is purported to be:

no address, unimproved property.

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, to-wit: $7424.67, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.

Date: August 10, 1976
Mt. Helix Associates, Inc.
as said Trustee,
By Roy L. Davis, President
Authorized Signature

BS1930 Lemon Grove Review August 19, 26 & Sept. 2, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-8725

The following person is doing business as: T and R. Electric, at 1103 Glencoe Dr., San Diego, CA. 92114.
T. C. Riddels, 1103 Glencoe Dr., San Diego, CA 92114.
This business is conducted by an Individual.
Signature T. C. Riddels
Owner
This statement was filed with the County Clerk of San Diego County on August 17, 1976.
L.G. Review, August 19, 26; Sept. 2 & 9, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-8724

The following persons are doing business as: Imported Car Service, at 7280 Broadway, Lemon Grove, Ca. 92045.
Alfons Trogus, 2594 Mobley
Expires Dec. 31, 1981
Ingrid Emma Trogus, 2594 Mobley St., San Diego, Ca. 92123.
This business is conducted by a General Partnership.
Signature Alfons Trogus
This statement was filed with the County Clerk of San Diego County on August 17, 1976.
St., San Diego, Ca. 92123
L. G. Review, August 19, 26; September 2, 9, 1976

NOTICE OF INTENTION TO ENGAGE IN THE SALE OF ALCOHOLIC BEVERAGES

To Whom It May Concern:
Subject to issuance of the license applied for, notice is hereby given that the undersigned proposes to sell alcoholic beverages at the premises, described as follows in the space provided below:
3645 Imperial Avenue, Lemon Grove 92045
Pursuant to such intention, the undersigned is applying to the Department of Alcoholic Beverage Control for issuance of an alcoholic beverage license (or licenses) for these premises as follows:

On Sale Beer & Wine — Public Premises

BOOKOUT, Bobby Joe
McLAGAN, Dennis D.
S38515 Lemon Grove Review August 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-8363

The following persons are doing business as: Flow-Rite Systems, at 3605 Olive, Lemon Grove 92045.
Stephen Craig Stanley, 2645 54th, San Diego 92105.
Brian M. H. Sheridan, 4988 Aburn Dr., Apt. D, San Diego 92105.
This business is conducted by a General Partnership.
Signature Stephen Craig Stanley
Signature Brian M. H. Sheridan
This statement was filed with the County Clerk of San Diego County on August 10, 1976.
Expires Dec. 31, 1981
Lemon Grove Review, August 19, 26; September 2, 9, 1976

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 76 7901

The following persons have abandoned the use of the fictitious business name TOP DRY-WALL at 4435 Arizona St., San Diego, Ca 92116
The fictitious business name referred to above was filed in San Diego County on 7-25-76.
Charles G. Wilson, 4435 Arizona St., San Diego, Ca 92116
C. Dean Hopkey, 8902 Maraposia St., La Mesa, Ca 92041
This business was conducted by General Partnership.
Signed Charles G. Wilson
This statement was filed with the County Clerk of San Diego County on July 29, 1976.
L.G. Review August 5, 12, 19, 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 8066

The following persons are doing business as: RED CARPET BEER BAR at 7808 Broadway, Lemon Grove CA. 92045
Helen M. Turnour, 5882 Potomac St., San Diego CA. 92139
Thomas E. Turnour, 5882 Potomac St., San Diego Ca. 92139
This business is conducted as a General Partnership.
Signature Thomas E. Turnour
This statement was filed with the County Clerk of San Diego County on August 3, 1976.
Expires Dec. 31, 1981
Lemon Grove Review August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 8065

The following persons are doing business as: CLUB 94 at 9912 Campo Road, Spring Valley Ca. 92077
Helen M Turnour, 5882 Potomac St., San Diego Ca. 92139
Thomas E. Turnour, 5882 Potomac St., san Diego CA. 92139
This business is conducted by a General Partnership.
Signature Thomas E. Turnour
This statement was filed with the County Clerk of San Diego County on August 3, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 6987

The following person is doing business as: Chesser Enterprises at 5831 Hughes Street, San Diego, CA 92115
Daniel P. Chesser, 5831 Hughes Street, San Diego, CA 92115
This business is conducted by an Individual.
Signature Daniel P. Chesser
This statement was filed with the County Clerk of San Diego County on July 6, 1976.
Expires Dec. 31, 1981
Lemon Grove Review August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 7599

The following persons are doing business as: Din Pau Yee Dining Room at 8365 Broadway, La Mesa 92041
Donald Hom
1212 Piccard Ave.
San Diego, 92154
Nancy L. Hom
1212 Piccard Ave.
San Diego, 92154
This business is conducted as a General Partnership.
Signature
Donald Hom (owner)
This statement was filed with the County Clerk of San Diego County on July 22, 1976.
Expires Dec. 31, 1981
Lemon Grove Review, August 5, 12, 19, 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 7780

The following person is doing business as: Integrated Media at 3506 28th St., San Diego, Ca., 92104
Steven R. Dreben
655 San Mario Dr.
Solana Beach, Ca., 92075
This business is conducted by an Individual.
Signature
Steven R. Dreben
(operator)
This statement was filed with the County Clerk of San Diego County on July 27, 1976.
Expires Dec. 31, 1981
S26728 Lemon Grove Review August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7760

The following person is doing business as: Lomita Snack Bar at 955 Cardiff St., San Diego, Calif. 92114
Rose E. Brewer, 1657 Tarleton St., Spring Valley, Calif. 92077
This business is conducted by an Individual.
Signature Rose E. Brewer
This statement was filed with the County Clerk of San Diego County on July 27, 1976.
Expires Dec. 31, 1981
Lemon Grove Review, July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 7967

The following person is doing business as: IVY MORTGAGE & INVESTMENT COMPANY at 140 W. Park Ave., Ste. 221, El Cajon, Ca. 92020
Billy Burke Ivy
193 W. Park Ave.
El Cajon, Ca. 92020
This business is conducted by an Individual.
Signature
Billy Burke Ivy
This statement was filed with the County Clerk of San Diego County on July 30, 1976.
Expires Dec. 31, 1981
L.G. Review, August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 6942

The following person is doing business as: David Lawrence and Associates at 11270 Penanova St., San Diego, CA 92129
David Lawrence, 11270 Penanova St., San Diego, CA 92129
This business is conducted by an Individual.
Signature David Lawrence
This statement was filed with the County Clerk of San Diego County on July 2, 1976.
Expires Dec. 31, 1981
S 25729 Lemon Grove Review July 29, August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7697

The following person is doing business as: RODAM at 8224 Mt. Vernon Street, Lemon Grove Ca. 92045 (P.O. Box 456, Alpine, Ca. 92001)
Alice Gouveia Robbins, 8224 Mt. Vernon St., Lemon Grove, Ca. 92045
This business is conducted by an Individual.
Signature Alice G. Robbins
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Expires Dec. 31, 1981
Lemon Grove Review July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7700

The following persons are doing business as: A & M Construction, 2334 Doubletree Rd., Spring Valley, Ca 92077
Samuel Mark Lasater, 2334 Doubletree Rd., Spring Valley, Ca 92077
Albert Earl Hoffower, 3353 Cruelew St., San Diego, Ca.
Dave Riley, 2334 Doubletree Rd., Spring Valley, Ca 92077
This business is conducted as a General Partnership.
Signature Samuel Mark Lasater
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7699

The following person is doing business as: HEALTH HUT at 9905 Campo Rd., Spring Valley, Ca 92077
Marjorie J. Campbell, 10800 Trent Way, La Mesa, CA 92041
This business is conducted by an Individual.
Signature Marjorie J. Campbell
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7698

The following persons are doing business as: Aqua-Motion Marine at 8828 Wintergardens Blvd., Lakeside 92040
Steven Louis Travis, 7155 Pearson St., La Mesa, CA 92041
Robert Earl James, 5430 Baltimore Dr. No. 41, La Mesa, CA 92041
This business is conducted as a General Partnership.
Signature Robert James
Steven Louis Travis
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Expires Dec. 31, 1981
Lemon Grove Review July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 6987

The following person is doing business as: Chesser Enterprises at 5831 Hughes Street, San Diego, CA 92115
Daniel P. Chesser, 5831 Hughes Street, San Diego, CA 92115
This business is conducted by an Individual.
Signature Daniel P. Chesser
This statement was filed with the County Clerk of San Diego County on July 6, 1976.
Expires Dec. 31, 1981
Lemon Grove Review August 5, 12, 19 & 26, 1976

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
File No. 76 8067

The following persons have withdrawn as general partners from the partnership operating under the fictitious business name of Mild to Wild Custom Coaches at 9995 Campo Road, Spring Valley, Calif 92077

The fictitious business name statement for the partnership was filed on June, 1974 in the County of San Diego.
The full name and residence of the persons withdrawing as partners: Michael L. Boyer, Evelyn E. Boyer
This statement was filed with the County Clerk of San Diego County on August 3, 1976.
Spring Valley Bulletin August 5, 12, 19 & 26, 1976

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 76 7701

The following persons have abandoned the use of the fictitious business name HEALTH HUT at 9905 Campo Rd Spring Valley, CA 92077
The fictitious business name referred to above was filed in San Diego County on March 16, 1976. F 760 2654
Lorraine Winebarger, 4364 North Rogers, Spring Valley, CA 92077
Charles D. Winebarger, 4364 North Rogers, Spring Valley, CA 92077
This business was conducted by Individuals.
Signed Charles D. Winebarger
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Spring Valley Bulletin July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 8287

The following persons are doing business as: Cape Codder Apartment at 1016 Peach Ave., El Cajon, Ca. 92021
John E. Grooms
8784 Hiel St.
Spring Valley, Ca. 92077
Cynthia A. Grooms
8784 Hiel St.
Spring Valley, Ca. 92077
This business is conducted as a General Partnership.
Signature
Cynthia A. Grooms
This statement was filed with the County Clerk of San Diego County on August 9, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin, August 12, 19, 26; Sept. 2, 1976

NOTICE OF HEARING

NOTICE IS HEREBY GIVEN that the Board of Directors of Otay Municipal Water District will hold a public hearing at 1:30 p.m. on September 7, 1976, at the Otay Municipal Water District offices at 10595 Jamacha Boulevard, Spring Valley, California, to consider a proposed Conflict of Interest Code to be adopted in accordance with the Political Reform Act of 1974, Government Code Section 81000 **et seq.**

Any person interested in such Code, including any official, employee or consultant of the District, will be heard at this public hearing. Copies of the proposed Conflict of Interest Code are available at the office of the District.

Dated: August 2, 1976 at Spring Valley, California.
OTAY MUNICIPAL WATER DISTRICT
By s/ Gerald J. Hardy
Secretary
Spring Valley Bulletin, August 12 & 19, 1976

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
FILE NO. 76 8286

The following person has withdrawn as a general partner from the partnership operating under the fictitious business name of Dulzura General Store at 50 feet north of post office south side of hwy 94, P.O. BOX 387 Dulzura Ca 92017
The fictitious business name statement for the partnership was filed on July 15, 1976 in the County of San Diego. No. 76-6559
The full name and residence of the person withdrawing as a partner:
Richard T. Merrill
Star Route Box 90
Dulzura, Ca 92017
Signed: Richard T. Merrill
This statement was filed with the County Clerk of San Diego County on August 9, 1976.
Spring Valley Bulletin, August 12, 19, 26; September 2, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 7667

The following persons are doing business as: D & H AUTOMOTIVE at 1302 Elkelton Blvd., Spring Valley, Calif. 92077
Kevin Dobel
4083 Albatross St.
San Diego 92103
Richard J. Hutchison
1302 Elkelton Blvd.
Spring Valley 92077
This business is conducted by a General Partnership.
Signature
Richard Hutchison
Kevin P. Dobel
This statement was filed with the County Clerk of San Diego County on July 23, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin, August 12, 19, 26; Sept. 2, 1976

NOTICE TO BIDDERS

The Grossmont Community College District will receive bids on AUDIO VISUAL/VIDEO/PHOTOGRAPHIC EQUIPMENT. Detailed information may be obtained at the Business Services Department, District Office, Grossmont College, 8800 Grossmont College Drive, El Cajon, CA 92020. Each bid shall be submitted on a form obtained from the above mentioned District Office, and shall be sealed and filed in said District Business Services Department on or before 4:00 p.m. on August 27, 1976 and will be publicly opened and read aloud at that time and place.

The Grossmont Community College District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid, or to waive any irregularities or informalities in the bids or in the bidding.

No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of the bid.

GROSSMONT COMMUNITY COLLEGE DISTRICT
William R. Burns
Assistant Superintendent-Business
Lemon Grove Review, August 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 8223

The following persons are doing business as: James Ward Development LTD: at 3266 Luma Riviera Dr., San Diego 92110
James Ward
3225 Paseo del Campo
Spring Valley 92077
Harold Logan
3266 Loma Riviera Dr.
San Diego 92110
This business is conducted by a Limited Partnership.
Signature
John Spencer
Attorney-at-Law
This statement was filed with the County Clerk of San Diego County on Aug. 6, 1976.
Expires Dec. 31, 1981
S26853 Spring Valley Bulletin August 12, 19, 26; September 2, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7902

The following persons are doing business as: C and D DRYWALL at 8902 Maraposia Street, La Mesa, California 92041
Charles G. Wilson, 4435 Arizona St., San Diego, Ca 92116
C. Dean Hopkey, 8902 Maraposia St., La Mesa Ca 92041
This business is conducted by a General Partnership.
Signature Charles G. Wilson
C. Dean Hopkey
This statement was filed with the County Clerk of San Diego County on July 29, 1976.
Expires Dec. 31, 1981
Lemon Grove Review August 5, 12, 19, 26, 1976

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
FILE NO. 76 7445

The following person abandoned the use of the fictitious business name BILL'S PONG SERVICE at 6218 Jeff St., San Diego, CA. 92115
The fictitious business name referred to above was filed in San Diego County on Apr. 25, 1975.
William Harvey Mize
6218 Jeff St.
San Diego, 92115
This business was conducted by an Individual.
Signed William H. Mize.
This statement was filed with the County Clerk of San Diego County on July 19, 1976.
Lemon Grove Review, August 5, 12, 19 & 26, 1976

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76 7694

The following persons are doing business as: CRAFTS by IRENE at 3548 Hartzel Crest, Spring Valley, CA 92077
Irene M. Chipps
3548 Hartzel Crest
Spring Valley, CA 92077
Grant W. Chipps
Same
This business is conducted as a General Partnership.
Signature
Irene M. Chipps, Partner
This statement was filed with the County Clerk of San Diego County on July 26, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin, August 12, 19, 26 & September 2, 1976

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
File No. 76 7444

The following person has withdrawn as a general partner from the partnership operating under the fictitious business name of PARKS AVENUE ASSOCIATES at 4037 - 44th Street; San Diego California.
The fictitious business name statement for the partnership was filed on Jan. 30, 1974 file no. 74-0719 in the County of San Diego.
The full name and residence of the person withdrawing as a partner:
RUSSELL WESTPHAL
8710 Sky Rim Dr.
Lakeside, California 92041
Signed Russell Westphal
This statement was filed with the County Clerk of San Diego County on July 19, 1976.
Spring Valley Bulletin July 29, August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7547

The following persons are doing business as: Reader's Educational Service, 2931 Orange Place, Lemon Grove, Ca. 92045
Harvey W. Miller, 2931 Orange Place, Lemon Grove, Ca. 92045
Margaret C. Miller, 2931 Orange Place, Lemon Grove, Ca. 92045
This business is conducted by an Individual.
Signature Harvey W. Miller
2931 Orange Place, Lemon Grove, Ca. 92045
This statement was filed with the County Clerk of San Diego County on July 21, 1976.
Expires Dec. 31, 1981
Lemon Grove Review July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7548

The following persons are doing business as: Artesania, Ltd., 2931 Orange Place, Lemon Grove, Ca. 92045
Harvey W. Miller, 2931 Orange Place, Lemon Grove, Ca. 92045
Margaret C. Miller, 2931 Orange Place, Lemon Grove, Ca. 92045
This business is conducted by an Individual.
Signature Harvey W. Miller
2931 Orange Place, Lemon Grove Ca. 92045
This statement was filed with the County Clerk of San Diego County on July 21, 1976.
Expires Dec. 31, 1981
Lemon Grove Review July 29; August 5, 12 & 19, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 7196

The following person is doing business as: For-get-me-not Wedding Service at 744 Broadview Street, Spring Valley, CA 92077
Dorothy Cortopassi, 744 Broadview St., Spring Valley, CA 92077
This business is conducted by an individual.
Signed Dorothy Cortopassi
This statement was filed with the County Clerk of San Diego County on July 12, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin July 29; August 5, 12 & 19, 1976

SUMMONS
Case Number: 219047
MUNICIPAL COURT OF CALIFORNIA,
COUNTY OF SAN DIEGO
SAN DIEGO JUDICIAL DISTRICT
220 W. Broadway, San Diego, California 92101
PLAINTIFF:
FEDERAL DEPOSIT INSURANCE CORPORATION, Receiver of UNITED STATES NATIONAL BANK, in liquidation,
DEFENDANT:
GEORGE R. LUNDY, JR.

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

AVISO! Usted ha sido demandado. El Tribunal puede decidir contra Ud. sin audiencia a menos que Ud. responda dentro de 30 dias. Lea la informacion que sigue.

1. TO THE DEFENDANT: A civil complaint has been filed by the plaintiff against you.
   a. If you wish to defend this lawsuit, you must, within 30 days after this summons is served on you, file with this court a written pleading in response to the complaint. (If a Justice Court, you must file with the court a written pleading or cause an oral pleading to be entered in the docket in response to the complaint, with 30 days after this summons is served on you).
   b. Unless you so respond, your default will be entered upon application of the plaintiff and this court may enter a judgment against you for the relief demanded in the complaint, which could result in garnishment of wages, taking of money or property or other relief requested in the complaint.
   c. **If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your written response, if any, may be filed on time.**

Dated: July 25, 1975
Clerk, By T. Grabski, Deputy
SCHALL, BUTLER, BOUDREAU & GORE
1010 Second Avenue, Suite 2222
San Diego, California 92101
Telephone No.: (714) 234-7241
Attorney for: Plaintiff
S25757 Spring Valley Bulletin July 29; August 5, 12 & 19, 1976

USE WANT ADS

469-0101 To Place An Ad 469-0101

CLASSIFIED ADVERTISING LOCAL RATES

PER INSERTION ORDER

TIMES	PER WORD
1 time	.12
2 times	.10
3 times	.07
4 thru 6 times	.06

Minimum charge, $1.50

REMEMBER

Tuesday, 12 noon, is deadline for Lemon Grove Review — Spring Valley Bulletin classified advertising, 469-0101.

1 — Cemeteries—Mortuaries

One choice Grave Site $375, Greenwood Cemetery, 466-7011.

3 — Special Notices

Call Thomas & Son For
GARBAGE & TRASH DISPOSAL
461-2261

6 — Services Offered

IS YOUR CHILD WATER-SAFE? Swimming instructions one year and up, small classes, individualized attention, 440-6301.

30 DAY SPECIAL
wall-to-wall carpeting
5c/sq. ft.
foam cleaned, not a soap
2-piece set, $13.50
over 25 years experience
free estimate
Snyder Rug & Furniture Cleaning
427-5656 anytime

Do You Have a Black and White Photo You Need Reproduced?
Call
Bob Bruss Photo
461-0522
Also, custom black and white photo finishing.

Light hauling, yard and garage clean-ups. Tree work. Reasonable. Bill Mills, 466-6694.

C/M LANDSCAPING AND GARDENING
Sprinkler systems, planting, maintenance, hauling. Free estimates. 466-2054

INTERIOR, exterior painting. Finest workmanship. Reasonable rates. 25 years experience. 469-8508

PAINTER
JOURNEYMAN
Painter, neat, over 15 yrs. in area. Reas. rates, all work guar. 461-9384 eves.

BANTA
280-3130
ACOUSTICS
THE ORIGINAL SPRAY ON CEILING SPECIALIST
State Lic. 283-430 bonded & Ins.
FREE GLITTER — 10 YR. GUAR.

21 — Apartments—Furnished

$110 small partially furnished studio, utilities included. One adult, C-Zone near Mayfair in Lemon Grove, 463-2072, evenings 469-1421.

22— Apartments, Unfurnished

DUPLEX FOR RENT
3 bedroom, carpet, drapes, air-conditioned and garage new. $290 a month, call 466-7574.

Mrs. J. D. Harter
6887 San Miguel, L.G.
Two free games of bowling at LOMITA LANES, 955 Cardiff. Tickets may be picked up at Homeland Publishing Co., 7834 Lester ave., Lemon Grove.

3-BEDROOM APT. — $275 a month. 1450 Sweetwater Ln. Spring Valley. Includes carpets, drapes, dishwasher, air conditioning, water, gas and garage. $100 cleaning deposit required. Call 466-7574.

For rent 2 bedroom, 1½ bath, Condo, Spring Valley, $260 per month, phone 282-7087 or 236-4505.

$165. TWO Bedroom, stove, refrigerator, pool. Redecorated. New Carpets. Trash/water paid. Quiet, mature adults. Middleaged or older preferred. No pets. 469-1510. 4373 Rosebud, La Mesa.

28 — Wanted to Rent

GOOD NEIGHBORS HELP SALES
Join Jack-in-the-Box, Baskin Robins, Pizza Hut & Lavicio's in Lemon Grove's newest center. Only two 1,500 sq. ft. stores remaining. Call Bill Nies, 232-7911. Our Company Name: THOMAS-FLETCHER-NICOL CO. Realtors 2550 5th Ave., San Diego.

50 — Miscellaneous For Sale

CASH Register for sale, $125. Call 464-9554.

Moving Sale
Tools, furniture, household appliances. Sat. 21st & Sun. 22nd at 8558 Palm, Lemon Grove.

GOLDEN retreiver and lab. puppies, 7 wks. old, 5 excellent watch dogs and hunters, $20 each; Duncan Phyfe table, six chairs, matching buffet, excellent condition, $350. 463-8154.

FIGS
White Kadota, Tree Ripe, Organically grown, 35 cents a pound. Phone 469-1623.

Leonard Nolasco
838 Osage St., S.D. 92114
will receive two free dinners at Sir George's Smorgasbord House, El Cajon, California if you will come to Homeland Publishing Co., 7834 Lester Ave., Lemon Grove for your free dinner certificate.

52 — Lapidary Equipt. & Sup.

COFFEY'S
LAPIDARY
Largest Inventory Lapidary Machinery, etc., S.D. County Silver, Supplies, Books, etc.
9120 Jamacha Rd.
Spring Valley 466-1661

Connie Grepo
854 La Presa Ave., S.V.
will receive a free car wash from John Factor Volkswagen, 6955 Broadway at College. Stop by Homeland Publishing Co., 7834 Lester Ave., Lemon Grove for your free car wash ticket.

56 — Cameras and Supplies

We buy used camera and photo equipment. L.G. Camera, 7848 Broadway, L.G.

59 — Wanted To Buy

WANTED TO BUY
Quality Antique Furniture, Clocks, Dolls, Primitives
465-7830

I BUY JUNK CARS
239-9485

Bad Season Feared

Brush Fire Prevention Begins at, Around Home

The threat of fire damage hangs over thousands of California homes this summer, including those in Lemon Grove and Spring Valley. Even in a year of normal rainfall, Californians have the most critical fire problem in the nation. This year, when the dry season has been particularly long, the danger of a fire fanned by drying winds is acute. Already at least one home in the area has been threatened in this "urban" area by a dry grass fire this season.

"There are certain precautions you can and should take to guard your home and possessions, whether your house is in a residential, forested, or just a dry area," says Robert J. Laacke, Cooperative Extention forestry specialist at the University of California.

Remove Brush

First, don't allow a continuous growth of trees or brush next to buildings. Beside the fire hazard, litter accumulates in gutters. Trees and shrubs should be planted at least six feet away from a building, if possible. Clear away brush, overhanging branches, dry grass and trash—anything that catches fire readily—for at least 30 feet around your homesite or to your property line. A green belt around your house of a ground cover like ivy, iceplant, or lawn discourages fire.

Keep the landscape clean. Remove dead and dried portions of ground covers, succulents and trees. Fire can creep through dead areas of succulents, especially iceplant. Prune out dead wood. In recent California fires, well-pruned, cleanly maintained, irrigated landscapes held up remarkably well.

Increase effectiveness of plantings with a sprinkler system. When a plant is green and growing vigorously, its potential as a fire hazard is reduced. As the soil around it gets dry, the plant takes up less water and has a lower moisture content. Unwatered landscapes increase the fire risk except in places where there are succulent ground covers (cleaned of dead material) and groves of certain cleanly maintained trees.

Leave space between clumps of shrubs and trees to help prevent fire spread. (This would be most important at the beginning of a fire and when winds are light.) Trim off lower branches from tall trees so that there is a distinct break of about ten feet between low-growing plants and higher trees.

This prevents a ground fire from reaching tree tops. Use low-growing plants and those that will remain short in high-hazard areas, such as canyons, upwind from buildings and in areas heavily surrounded by forests.

Fireproof Roof

If you need to replace your roof, choose asphalt shingles or a roof of asphalt and rock. These are less flammable than wood shake and shingle roofs (and less expensive).

Plant the shrubs, ornamentals and trees that are most fire-resistant, but bear in mind that no plant is completely fire-resistant if there is enough heat and other conditions are right.

Tall, thick, well-watered hedges of English laurel and glossy privet provide effective "heat screens". Tall trees such as palms, Brazilian and California pepper, or California laurel often form a barrier that prevents flying, burning material from reaching buildings. Other trees to consider would be cedar, Coast live oak, redwood, California buckeye and Big leaf maple.

Ground covers form barriers to flame when they are well irrigated and free from weeds and litter. You might choose from the various types of iceplant, African creeping daisy, creeping rosemary, sunrose, Algerian and English ivy, and dwarf coyote bush among others.

A row of shrubs will form a green barrier to deflect winds and help prevent burning debris from reaching your home. Some good ones to plant would be rockrose, toyon, lemonade berry, Italian buckthorn, Carmel creeper, and the poisonous oleander.

Free Pamphlet

A free University of California publication, "Landscape for Fire Protection," offers more detailed fire preventive landscaping tips. Write Landscape, Box 1629-N, Richmond, CA 94802. Ask for Leaflet 2401.

Even after you have protected your property as well as you can, your home will still be in danger if property owners around you do not also take preventive measures. In many cases positive action is needed such as sharing with your neighbors the cost of bulldozing brush from around your homes.

In the long run, guarding your home against fire boils down to this advice: Fires can be prevented by individual and community action. Remove the fuel and you remove the fire hazard.

Here is Primer on County's Vast Park Choices

"The family likes the outdoors but with the price of gasoline as high as it is we can't afford to go very far."

This has become the suburban dweller's lament.

But in the San Diego area, residents have a rare opportunity to escape from the urban scene without traveling distances which require a king's fortune in gasoline.

Solace may be found at one of more than 50 parks in the county offering everything from surfing on the ocean to picnicking in the deserts, with many spots in between in which to wing a frisbee, walk the dog or relax in the shade.

With vacation season upon us, the answer to an affordable vacation or just an afternoon away from it all is a short walk, bike ride or drive from most county residents' backyards.

Lake Jennings is the closest park, only 12 miles from Lemon Grove and Spring Valley, and one of the most popular. The county entertains requests for reservations from as far away as Wisconsin, according to Carol Smith, County ranger.

The park is situated on a knoll overlooking Lake Jennings. It offers fishing and camping year-round. "The lake has mostly trout but there are a few bass," Smith said.

Facilities at the park include restrooms with showers, trailer camping with hookups and the more primitive tent-only camping area. The park is four miles east of El Cajon on I-8, a mile north of the Lake Jennings Park road exit.

Want a forest setting? William Heise Park fills the bill. Situated in a forest of pines and oaks on the northern edge of the Laguna Mountains, the park remains mostly in its natural state. But facilities for trailer sites, a caravan camping area, individual tent sites, youth group tent camping area and family picnic areas are available. Heise Park is a mile west of Julian on Highway 79.

"Camping spots can be reserved up to 90 days in advance," Smith said. Advance registration cost $1.50. A discount card which sells for $7.50 waives the reservation charge and entitles the bearer to 50 cent discounts on most overnight fees.

Each camping park charges $3 a night for primitive camping areas (no facilities); $4 for developed areas and $5 for full utilities. Reservations can be obtained by calling 299-CAMP.

For desert fans, the county maintains two desert camping parks: Agua Caliente and Vallecito Park.

"It gets so hot at Vallecito we close it in the summer because most people won't stay where they can't hook up electricity to run their air conditioners," the ranger said. Open season is November through May.

Agua Caliente Springs Park features natural springs in a desert setting. The springs — one cool and pure, the other hot and sulphorous — draw visitors from long distances to bathe.

Park facilities include caravan and individual park spaces, some have utilities, tent camping, picnicking, bath house, recreation building and service station, general store and post office.

Agua Caliente is the farthest camping park in the county system from the coast, but it remains the most popular desert state park. It is located east of Julian on County S-2.

Nature enthusiasts may be interested in Quail Gardens Park, east of Encinitas. It offers nature walks through some of the most unusual and varied plant life in the county. Quail Gardens offers tours for groups and has four nature trails with brochures explaining their vegetation. The park also has a complete horticulture library.

Dos Picos Park, south of Ramona, is named for the two peaks in the area. The park is situated along a tree shaded creek bed. It has a small lake and dam with tent and trailer sites with utilities available. It is five miles from stores and service stations.

Pick a Picnic

Two of the most popular picnic parks are San Dieguito Park and El Monte. Besides the County's regional and subregional parks the county also maintains community parks with varied services. Most offer family picnic and play areas. Some have tennis courts, swimming pools, ballfields, a community building and restaurants.

Local picnic parks include Eucalyptus Park on Bancroft dr. and Spring Valley Park on Jamacha blvd. east of Sweetwater rd.

There are four small county-maintained parks in Lemon Grove. Lemon Grove Park on Washington between Alton and Mt. Vernon streets is a 6.1 acre greenspot in the heart of residential Lemon Grove. Part of the property was originally set aside two decades ago for a community swimming pool, but reverted to park property when the fund-raising organization disbanded.

Other Lemon Grove parks are the 5.5 acre Monterey Heights Park on Nichals st., the 2.6 acre Vista La Mesa Park on King st. and the new 6.2 acre Mt. Vernon Park on Mt. Vernon st. west of Massachusetts ave.

Another 6.92 acre site off Skyline dr., acquired by the County this year, is destined to become Skyline Drive Park.

The County also maintains five beach parks with lifeguards on duty at four.

The beach parks, as well as all the County parks, are open from 9 a.m. to 9:30 p.m. Solana Beach Park and Sea Cliff Park offer family picnic areas.

Other County-maintained beach spots are Encinitas Beach Park, Seaside Gardens Park in Leucadia, and Tide Beach Park in Solana Beach.

Of course no park system would be complete without historic site parks. Heritage Park, located at Juan and Harney streets in Old Town, San Diego, serves as the San Diego County Park and Recreation Department's headquarters and is itself a historic site park.

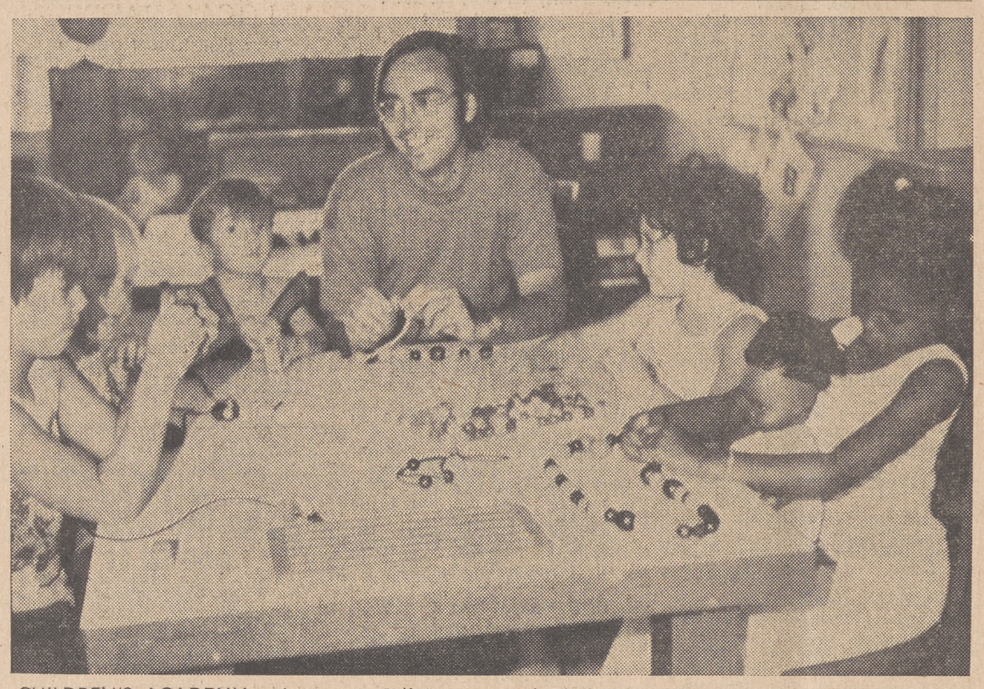
Heritage Park is San Diego's link to the Victorian era. It has one completely restored Victorian home and future plans call for a complete Victorian village with shops and homes.

Other spots designated as County maintained "Historic Sites" include the Lemon Grove Community Center, still in use with the weekday senior citizen hot lunch program and special events, and Mt. Helix Park, the towering peak offering a panoramic view of the Heartland.

Others are the Campo Stone Store, 50 miles east of San Diego on Highway 94; Julian Park, Julian; Los Coches Monument, east of El Cajon; Oak Grove Monument, Oak Grove; the Whaley House and Pendleton House in Old Town; In-Ko-Pah Park and Mountain Springs Park, both at the Imperial County line; and Solana Beach Plaza, Solana Beach.

The County also has six special use parks. The South Bay Biological Study area is one example, an interpretive study area of tidewater marshland at the southerly end of San Diego Bay.

The variety is almost endless, giving San Diego residents a rare opportunity to practically pick the environment in which to spend a week, day or afternoon. Whatever the choice, chances are good it's less than a few hours away.



CHILDREN'S ACADEMY — Instructor Bill Marsden supervises a bead stringing session with preschoolers at Spring Valley Young Children's Academy. Formerly Tic-Toc Nursery, the school at 2063 Sweetwater rd. Spring Valley is jointly operated by new owners Madeleine Glick and Gladys Castellanos Barrett. The new management promotes a happy child-oriented environment and offers a full day of planned activity for full, half or part day patrons. A week's free tuition with a month or longer pre-paid is a current introductory offer.

Navy Reserve Opens Drive

A membership drive by which the Fleet Reserve Assn. will strive for 5,000 new members in San Diego and 30,000 new members world-wide, was launched recently.

Attending the San Diego kickoff at Town & Country Hotel were Bob Nolan, National executive secretary of FRA, Washington, Joseph D. Morin, FRA's national president, and Congressman Bob Wilson.

The need for more membership in the 131,000-member organization was spelled out by Nolan and in a new promotional film produced by FRA "The Fleet Will Listen to Its Own". The film will be shown wherever active or retired servicemen gather.

The film reveals a new militant and aggressive attitude by FRA in representing military personnel on pay and benefit issues before Congress.

The eight-week membership drive is listed as "Operation Troubleshoot" and the theme of the operation is "You Got Trouble!" referring to recent reductions in military pay and fringe benefits.

Of the 131,000 members, about 19,000 of them belong to 17 FRA branches in the greater San Diego area.

The "Operation Troubleshoot" hotline is 425-5300, according to Bill Ayers, a member of the membership team.

Retired or active members of the Navy, Marines or Coast Guard are eligible to join. Drive members will wear a black-cat's head on a lapel button. The motif is being used on all campaign material.

244,000 Claim Senior Citizen Tax Exemption

Qualified California homeowners have filed 244,000 1976 Senior Citizens Property Tax Assistance claims for reimbursement of their 1975-76 property taxes since filing season began May 16, according to Donald Whitney, director of the program for the Franchise Tax Board.

"All claims must be filed no later than August 31, 1976," Whitney said.

The law provides reimbursement from four to 96 per cent of the property taxes paid depending upon the individual's income. The average payment this year is expected to be $170.

Claimants must own and occupy their home, be 62 years of age or over as of January 1, 1976, and have a household income of less than $10,000, to be eligible.

Senior citizens who believe they qualify for the program and need information and forms, may receive assistance from any district office of the Franchise Tax Board or by writing to the Senior Citizens Property Tax Assistance Program, P.O. Box 1588, Sacramento, California 95807.

New Phone for S.D. VA (297-8220)

The VA Regional Office in San Diego has introduced a new telephone number and a new service for local callers. The new system is called the Automatic Call Distributing System (ACDS). It is designed to give fast, accurate and courteous service to callers.

The ACDS will automatically route all calls on a first come — first serve basis to the first available veteran counselor. The ACDS distributes calls evenly and guards against lost or forgotten callers. During busy periods, a recorded announcement will inform waiting callers of the delay; and advise that a counselor will be on the line shortly. The number to dial in the metropolitan San Diego area is 297-8220.

Lemon Grove and Spring Valley veterans will continue to use 800-532-3811.

Firm Sees Reverse in Traffic Death Reduction

Traffic fatalities for 1975 were the lowest in 13 years, reports the Insurance Information Institute.

The Institute says that last year 46,000 persons lost their lives on America's highways, the lowest since 43,564 Americans lost their lives in 1963. However, the Institute says that the trend is reversing. National Safety Council statistics report that traffic fatalities for the first five months of 1976 are on the increase — 17,230 as compared with 16,970 fatalities in the same period last year.

While fatalities dropped one per cent from 1974 to 1975, economic loss, injuries and total accidents increased 18.6 per cent, 7.4 per cent and 4.8 per cent, respectively.

The Institute estimates that 4,978,000 persons were injured in 24,887,000 automobile accidents in 1975. These statistics represent a reversal of the trend which produced lower accident and injury rates during 1974, the energy crisis year, it said. The economic loss by the 24.9 million auto accidents exceeded $36 billion compared with 23.7 million auto accidents costing $30 billion in 1974.

One in Ten

The Institute's projections show that 9.2 per cent — or almost one of every ten — of the more than 42 million drivers involved in accidents had been drinking.

Also, drivers under the age of 25, although they make up only about one quarter of all drivers, represented more than one third of the drivers involved in accidents.

The estimated economic loss is based on accident reports from selected states. The estimate takes into account such factors as property damage, medical and funeral expenses, lost wages, legal fees and service costs of insurance. While the losses are paid largely through insurance companies, the Institute pointed out that the ultimate cost falls upon those who pay insurance premiums.

Wood-Burning Stove Taken from Rental

Sylvia Zepeda, of 4123 Cortez way, Spring Valley, who owns a house on Montiel Truck Trail in Jamul, told sheriff's deputies August 6th that many of the furnishings that had been in the house when she rented it to three males, were missing.

An antique stove — a wood burner — valued at $400 was among the items she reported as taken. A kerosene smudge pot, a room heater, also a wood burning antique, an electric coffee pot and three bikes were also missing.

Zapeda related that three tenants had also been missing for several days after they had been charged with cultivating marijuana. One of them, she said, later demanded the return of a $100 cleaning deposit which she refused to refund after the tenant is said to have admitted the house had not been cleaned.

The names of the tenants were given to sheriff's deputies.

Working Girl Loses

Linda Ann Evans, 22, a waitress at Denny's at 6936 Federal blvd., Lemon Grove, teold sheriff's deputies that someone took auto stereo equipment from her car while she was working during the night of August 11.

The equipment had cost her $120, she said.

Wilson OKs Cohelan

Assemblyman Bob Wilson (D-La Mesa) has endorsed Tim Cohelan for the Assembly seat which Wilson is vacating to run for the State Senate. Wilson said, "Tim's dedication, concern and understanding of the problems that face our community make him my choice."

Cohelan, 31, formerly an aide to U. S. Senator Alan Cranston in San Diego and a Naval Officer, resides in Clairemont and maintains a law practice in El Cajon.

Cohelan, pronounced ko-haylan, was also endorsed by both of his Democratic primary opponents, Councilman John Reber and businessman Wiley Davis.

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